Useful Services Guide

Service Category	Name	Location	Benefits check	Website	Email	Phone
Addiction	**AA**	Countywide	AA provides support for alcoholics over the phone and in groups. Group details can be found on their website	https://www.alcoholics-anonymous.org.uk/	help@aamail.org	0800 9177 650
Addiction	**Al-Anon Family Groups**	Countywide	Provides support for anyone whose life is or has been affected by someone else's drinking. They provide support over the phone and in groups. Group details can be found on their website	https://www.al-anonuk.org.uk/	helpline@al-anonuk.org.uk	0800 0086 811 - 10am-10pm, 365 days a year
Addiction	**Living Room**	Countywide	The aim of our organisation is to break the family cycle of addiction (both substance and behavioural addictions). Provide support over the phone, in groups and in their centre. See website for more details	https://www.livingroomherts.org/	enquiries@livingroomherts.org	0300 365 0304 For urgent enquiries, you can call 07838 393 459 between 9am - 12.30pm (Mon-Fri)
Addiction	**Narcotics Anonymous**	Countywide	NA provides support for people with drug addictions. They provide support over the phone and in meetings. Meeting details can be found on their website	https://ukna.org/		0300 999 1212 - 10am-Midnight

Addiction	**Resolve**	Countywide	Resolve support the individual and whole family through drug and alcohol recovery with day services and groups. Also has a Night Shelter	https://resolve-online.org/	NorthHerts@resolve-online.org, info@	NH: Office: 01462 684978 Mobile 07715 680337, WGC: Office: 01707 690739, Hat: Office: 01707 268221 Mobile: 07982 921813
Addiction	**Spectrum/CGL**	Countywide	Provide advice and support on drug and alcohol addiction as well as supporting with mental health, housing, health and wellbeing & prison information. Also now have a telecoms service	https://www.changegrowlive.org/	Herts@cgl.org.uk	0800 652 3169
Addiction	**Alcohol Telecoms Support/Spectrum**	Countywide	Telecoms service to support people who are at increasing risk of drinking at harmful & hazardous levels	https://www.changegrowlive.org/herts	Herts@cgl.org.uk	0800 652 3169
Alarms	**Herts Careline**	Countywide	Provide a pendant alarm service and response. Also provide an portable alarm for use outside the home. You can make a referral on the website	https://www.care-line.co.uk/home.aspx	carelinesupport@north-herts.gov.uk	0300 999 2 999
Alarms	**Lifeline**	WelHat & LLV	Our Lifeline Emergency Alarm System connects you to our locally based emergency call centre 24 hours a day, every day of the year. You can make a referral on the website	https://www.welhat.gov.uk/support-services/lifeline		
Alarms	**Careline**	Countywide	Hertfordshire Telecare - pendant alarms and keysafes	Herts Careline (care-line.co.uk)	carelinesupport@north-herts.gov.uk	0300 999 2 999
Alarms	**Lifeline 24**	Countywide	24 hour alarm for those in need or vulnerable at home who still wish to remain independent	https://www.lifeline24.co.uk/partners/	info@lifeline24.co.uk	0800 999 0400
Veteran Services	**Royal British Legion**	Countywide	The Legion is here to help members of the Royal Navy, British Army, Royal Air Force, veterans and their families.	https://www.britishlegion.org.uk/	info@britishlegion.org.uk	Call us on 0808 802 8080. Lines are open from 8am-8pm every day.
Clubs	**50+ Friendship Club**	Stevenage/North Herts	Have coffee, trips to pub and trips out and speakers. Age range 70-90. St Michael's Road, Hitchin SG4 0QY			01462 452173

Clubs	**Adult Social Care**	Countywide	Adult Social care - including care, carers, day services/clubs, equipment, housing, disability, transport, mental health, money & finances	https://www.hertfordshire.gov.uk/services/adult-social-services/day-services-and-activities/day-services-and-activities.aspx		0300 123 4042
Clubs	**Age Concern Bishops Stortford**	Stort & ULV	Apton Centre - to meet new people, enjoy good, hot food and participate in a variety of activities.	www.theaptoncentre.org.uk	info@thenewaptoncentre.org	01279 504748
Bereavement	**WAY (Widowed and Young) Foundation**	Countywide	Peer to peer support groups for men and women aged 50 or under when their partner dies. Run by a network of volunteers who have been bereaved at a young age themselves.	Apply to become a member (£25 a year) on their website: widowedandyoung.org.uk	membership@widowedandyoung.org.uk	
Bereavement	**Way Up**	Countywide	Peer support for widows/widowers in their 50s and 60s, creating national, regional and very local meets. They communicate with members via their forum, so callers will need to be comfortable using the internet.	www.way-up.co.uk		
Bereavement	**Merry Midow**	Countywide	Personal website set up by a young widow, providing support for anyone who has lost a partner via online peer to peer community forums and information.	www.merrywidow.me.uk		
Bereavement	**Jolly Dollies**	Countywide	An organisation started by widows, to help widows regain a social life though friendship and organised social events. There are Jolly Dolly groups in many areas of the UK you can join, with an annual membership fee of £10.	www.thejollydollies.com		
Bereavement	**Brake**	Countywide	Support for anyone who has been bereaved or seriously injured in a crash or their carers, however long ago this happened. It is also for professionals who need information about how to help people affected by a crash.	www.brake.org.uk	helpline@brake.org.uk	0808 8000 401 - Mon-Fri - 10am-4pm

Bereavement	**Road Peace**	Countywide	Helps bereaved families cope and build resilience through peer support, local group networks and trauma support programmes. They also provide information guides on navigating the justice system and help with seeking fair compensation for bereaved families and seriously injured victims.	www.roadpeace.org	helpline@brake.org.uk	0845 4500 355 - Mon-Fri - 10am-5pm
Bereavement	**Miscarriage Association**	Countywide	A pregnancy loss helpline which provides information and support.	www.miscarriageassociation.org.uk	info@miscarriageassociation.org.uk	01924 200 799 - Mon-Fri - 9am-4pm
Bereavement	**The Compassionate Friends**	Countywide	Offer bereaved families support after the death of a child of any age. The Compassionate Friends also has an online Forum where you can talk online and get support from other bereaved parents.	www.tcf.org.uk	helpline@tcf.org.uk	0345 123 2304 - 10am-4pm & 7pm-10pm every day of the year
Bereavement	**Stillbirth & Neonatal Death (SANDS)**	Countywide	The Sands free Helpline provides a safe, confidential place for anyone who has been affected by the death of a baby, however long ago. Their experienced Helpline Team are there to listen and offer support and information without judgement.	www.uk-sands.org	helpline@uk-sands.org	0808 164 3332 Mon-Fri 9.30am-5.30, plus Tuesdays and Thursdays 6pm-10pm
Bereavement	**The Lullaby Trust**	Countywide	Support for families, friends, carers and professionals after the sudden and unexpected death of a baby or young toddler	www.lullabytrust.org.uk	support@lullabytrust.org.uk	0808 802 6868 - Monday – Friday: 10am – 5pm, Weekends and Bank Holidays: 6pm – 10pm

Bereavement	**Child Death Helpline**	Countywide	They offer a confidential, safe environment where you can talk openly about your child's life and death, and provide support not only at times of crisis but also for the on-going needs over your lifetime.	www.childdeathhelpline.org.uk		0800 282 986 (Free from landlines) 0808 800 6019 (Free from mobiles) - Monday – Friday: 10am – 1pm, Tuesdays and Wednesdays: 1pm – 4pm, Every evening: 7pm – 10pm
Bereavement	**Cruse**	Countywide	Bereavement support, over the phone, 121 and in groups. Referrals can be made over the phone	https://www.cruse.org.uk/get-help/local-services/eastern-england/hertfordshire		01707 278 389 - 24hr answerphone facility
Bereavement	**DWP**	Countywide	For further support from the Department of Working Pensions after someone has died (following on from the letter people may receive).	www.gov.uk/bereavement-payment/how-to-claim		0800 731 0469 - Mon - Fri - 8am - 6pm
Bereavement	**Funeral Costs Advice - 'Down to Earth'**	Countywide	Whether faced with an immediate bereavement or worried about future costs, we can support you to plan an affordable and meaningful funeral.	www.quakersocialaction.org.uk/we-can-help/helping-bereavement/down-earth/how-it-works	downtoearth@qsa.org.uk	020 8983 5055 - Mon-Fri - 8am-6pm
Bereavement	**Muslim Bereavement Support**	Countywide	Muslim Bereavement Support Service	www.mbss.org.uk	info@mbss,org.uk	020 3468 7333
Bereavement	**Jewish Bereavement Counselling Service**	Countywide	Jewish Bereavement Counselling Service	www.jbcs.org.uk	enquiries@jbcs.org.uk	0208 951 3881
Bereavement	**Bereavement Turst Helplines in Other Languages**	Countywide	Urdu & Gujarati Bereavement Helpline: 0800 9177 416 Cantonese & Mandarin Bereavement Helpline: 0800 0304 236	www.bereavement-trust.org.uk		
Bereavement	**Support after Murder & Manslaughter**	Countywide	Gives callers a chance to talk confidentially with volunteers who have been bereaved by homicide, and to receive advice and support	www.samm.org.uk	info@samm.org.uk	0845 872 3440

Bereavement	**Through Unity**	Countywide	Set up by families who have been bereaved by homicide. Through their counselling and other services they provide vital support for families who have been affected by this, and aim to campaign and raise awareness of the impact of violent crime.	www.throughunity.co.uk	reachingout@throughunity.com	07947 684 605
Bereavement	**Blue Cross for Pets**	Countywide	Telephone and email support provided by trained volunteers, for people in distress due to the death, loss or separation of their pet.	www.bluecross.org/pet-bereavement-support	pbssmail@bluecross.org.uk	0800 096 6606 - 8.30am-8.30pm - 7 days a week
Bereavement	**Survivors of Bereavement by Suicide (SOBS)**	Countywide	Provides support for people who have been bereaved by sucide. They can provide support by phone, email and in groups	https://uksobs.org/	email.support@uksobs.org	0300 111 5065 - 9am-9pm Mon-Fri
Bereavement	**Support After Suicide**	Countywide	A network of organisations that support people who have been bereaved or affected by suicide. Offers support, guides and contact details of useful organisations.	www.supportaftersuicide.org.uk		
Long Term Conditions	**Headway Herts**	Countywide	Support people who have had a brain injury	https://www.headway-herts.org.uk/	enquiries@headway-herts.org.uk	07939 673 923
Cancer	**Cancer Hair Care**	Countywide	Support for people who lose hair during cancer treatment	https://www.cancerhaircare.co.uk/	support@cancerhaircare.com	01438 311 322
Cancer	**Macmillian**	Countywide	Support for people with cancer and their families. Please see website for local support	https://www.macmillan.org.uk/		0808 808 00 00 open 7 days a week 8am-8pm
Cancer	**Isabel Hospice**	WelHat & LLV	Isabel Hospice provides family support, physio, complementary therapy, counselling and groups for anyone over 18 who has been diagnosed with a terminal or life limiting illness	https://www.isabelhospice.org.uk/	enquiries@isabelhospice.org.uk	01707 382500
Care	**Later Life Matters**	Countywide	Support and advice for individuals needing care and their families	http://www.laterlifematters.co.uk/	enquiries@laterlife-matters.com	01992 667417
Care	**Care Choices**	Countywide	Care services directory	https://www.carechoices.co.uk/publication/hertfordshire-care-services-directory/		

Care	**Integrated Community Team**	Stevenage/North Herts	The POA Service is designed for patients who are housebound or patients in care homes. This includes patients who are shielding or vulnerable due to Covid-19 as well as any patient who cannot be managed by their GP, Minor Injuries Unit (MIU) or Ambulatory Services. The aim of the service is to prevent unnecessary hospital admissions and to support care homes to manage residents within their homes.	https://www.hct.nhs.uk/our-services/integrated-community-team/	Different emails for different localities	0300 123 7571
Care	**Isabel Hospice**	WelHat & LLV	Isabel Hospice provide an inpatient unit for over 18's who have been diagnosed with a terminal or life limiting illness. People stay at the Hospice when they need support to help manage symptoms related to their illness, and to get any pain under control.	https://www.isabelhospice.org.uk/what-we-do/in-patient-unit/	enquiries@isabelhospice.org.uk	01707 382500
Care	**Adult Social Care**	Countywide	Adult Social care - including care, carers, day services/clubs, equipment, housing, disability, transport, mental health, money & finances	https://www.hertfordshire.gov.uk/services/adult-social-services/adult-social-services.aspx		0300 123 4042
Carers	**Carers In Herts**	Countywide	Provides advice, information and support to unpaid carers	https://www.carersinherts.org.uk/	contact@carersinherts.org.uk	01992 58 69 69 (9am - 5.30pm Mon - Thurs & 9am - 4.30pm Fri)
Carers	**Crossroads**	Countywide	Provide support and services to unpaid carers	https://crossroadshn.org.uk/	info@crossroadshn.org.uk	01462 455578

Carers	**Stepping Out with Carers**	Countywide	They offer scenic, sociable, rejuvenating walks at beautiful venues throughout Hertfordshire (stately homes and gardens, wildlife parks, National Trust and English Heritage Properties) with lunch included. A combination of healthy activity, a choice of walks for all capabilities and the opportunity to make new friends. Carers are welcome to bring the person they care for, or attend alone (GP Link Workers and their clients are welcome) Transport is also available where possible.	hallosteppingout@gmail.com	sue.mott12@gmail.com	Sue 07836 283566/ Ali 07739 361061
Carers	**Carers Stepping Out**	Countywide	Organised walks for the cared for and their carers		hallosteppingout@gmail.com	Sue 077836 283566 / Ali 07739 361061
Carers	**Isabel Hospice**	WelHat & LLV	Isabel Hospice provides family support, physio, complementary therapy, counselling and groups for anyone over 18 who has been diagnosed with a terminal or life limiting illness	https://www.isabelhospice.org.uk/what-we-do/family-support/	enquiries@isabelhospice.org.uk	01707 382500
Carers	**Age UK Dacorum**	Dacorum	Provide support to those aged 50+ living in Dacorum. They have clubs, groups, handyperson scheme, befriending schemes, telephone club, carers support and can provide information & advice	https://www.ageuk.org.uk/dacorum/	adminofficer@ageukdacorum.org.uk	01442 259049
Children/Families	**Henry Healthy Family Programme**	Countywide	A structured 8 week programme (including a family time session), the group programme applies a solution-focused and strengths-based approach to build parents' skills and confidence in maintaining a healthy lifestyle.	· https://beezeebodies.com/refer-a-client/	beezee.bodies@nhs.net	01707 248648
Children/Families	**Fit, Fed & Read - Families First/Herts Sport Partnership**	Countywide	A high-quality holiday activity programme - including support with literacy - in Hertfordshire's most disadvantaged neighbourhoods, with a nutritious meal every day, free of charge."	Fit, Fed & Read - Herts Sports Partnership (sportinherts.org.uk)	fitfedandread@herts.ac.uk	

Chiropody	**Lorna Scardifield**	Stevenage/North Herts	Provides chiropody services		stevenagefoothealth@yahoo.co.uk	Please book an appointment on 07427 448753 or 01438 314164 Home Visits also available week days
Cleaning/Home Support	**Age UK Herts**	Countywide	Help In The Home provides help around the home with general cleaning or household tasks (Except Dacorum)	https://www.ageuk.org.uk/hertfordshire/our-services/help-in-the-home/	helpinthehome.ne@ageukherts.org.uk	01707 386066
Cleaning/Home Support	**Scenic Cleaning**	Countywide	Cleaning Service	Scenic Cleaning | Cleaning Service for Luton, Peterborough, Cambridgeshire, and Central Bedfordshire	info@sceniccleaning.com	0742 874 2731
Clubs	**Age Concern Ware**	Stort & ULV	Riverside Hall - Luncheon club held every week			01920 464967 (Answer phone) 01992 304917
Mental Health/Counselling	**The Counselling Foundation**	Stevenage/North Herts	Subsidised counselling service	https://counsellingfoundation.org/	stevenage@counsellingfoundation.org	01438 357 775
Mental Health/Counselling	**Isabel Hospice**	WelHat & LLV	Isabel Hospice provides family support, physio, complementary therapy, counselling and groups for anyone over 18 who has been diagnosed with a terminal or life limiting illness	https://www.isabelhospice.org.uk/what-we-do/living-well-with-isabel/	enquiries@isabelhospice.org.uk	01707 382500
Covid-19	**Covid Recovery BAME project (CRB)**	Countywide	As part of the response to the Covid-19 pandemic and its impact on Hertfordshire's BAME communities CDA Herts, working in partnership with Herts Clinical Commissioning and Herts County Council, has been commissioned to deliver the Covid Recovery BAME project (CRB). It is a countywide project which is split into East and West Hertfordshire.	COVID Recovery BAME Project (cdaherts.org.uk)	Different emails for different areas - ple	Different numbers for different areas - please look at website
Covid-19	**Covid-19 Survivors Group UK**	Countywide	New service for people who have had coronavirus and survived	COVID-19 Survivors Group UK | Self Help UK	outreach@selfhelp.org.uk	0115 9111662

Benefits, Finance & Debt	**Breathing Space**	Countywide	Not sure if you have heard of the government's new initiative – Breathing Space – which came into force on 4th May 2021 and is designed to help people who have gotten into debt 'stop the clock' as it were for a period of 60 days during which they can seek advice and assistance in dealing with their debt issues.	https://www.gov.uk/government/publications/debt-respite-scheme-breathing-space-guidance/debt-respite-scheme-breathing-space-guidance-for-creditors		
Dementia	**Alzheimers Society**	Countywide	Help keep people with dementia connected to their lives and the people that matter the most	https://www.alzheimers.org.uk/	CENTRAL.HERTS@ALZHEIMERS.ORG.U	0333 150 3456
Dementia	**Hertswise**	Countywide	Hertswise is an innovative countywide service designed to support people living with dementia, low level memory loss or mild cognitive impairment as well as their loved ones and carers (List of groups on website)	https://hertswise.org.uk/hertswise-dementia-hubs/	info@hertshelp.net	0300 123 4044
Dementia	**The Red Shed Project**	Countywide	Providing garden activities and experiences to benefit people living with Dementia, their carers and families.	www.theredshed.garden	info.theredshed@gmail.com	
Dementia	**Music 24**	Countywide	Music24 is a registered charity offering music therapy and other music-related activities as a creative outlet for people who are socially isolated and vulnerable. We work with various groups across Bedfordshire & Hertfordshire who are facing difficulties, such as those living with Dementia, Neuro-disabilities, Learning Disabilities or Mental Health illnesses.	Music 24	info@music24.org.uk	01582 250024
Dementia	**Open Art Box**	Stevenage/North Herts	Home Art Workshop boxes for people who are living with early stage dementia and their unpaid carers	www.openartbox.org.uk	artists@openartbox.org.uk	07872 333437
Directory	**Herts Directory**	Countywide	Hertfordshire Directory of services from HCC	https://directory.hertfordshire.gov.uk/		
Domestic Violence	**Cherished**	Countywide	Confidential, welcoming and safe support for women	http://www.iamcherished.co.uk/	enquiries@iamcherished.co.uk	01442 767390

Domestic Violence	**Herts Area Rape Crisis and Sexual Abuse Centre (HARCSAC)**	Countywide	Provide rape and sexual abuse counselling	https://hertsrapecrisis.org.uk/	helpline@hertsrapecrisis.org.uk	01707 276512
Domestic Violence	**Refuge**	Countywide	Independent domestic violence advocacy service	https://www.refuge.org.uk/		0808 2000 247 - Mon-Fri 9am-5.30pm
Domestic Violence	**Herts SARC**	Countywide	Offers free support and practical help to anyone in Hertfordshire who has experienced sexual violence and/or sexual abuse	https://www.hertssarc.org/	Herts.SARC@nhs.net	0808 178 4448 - 24/7 Helpline
Domestic Violence	**Herts Sunflower/Herts Domestic Abuse Helpline**	Countywide	Provide support for people who are a victim of domestic violence	https://www.hertssunflower.org/herts-sunflower.aspx	Kim@mailpurple.org	08 088 088 088 - Mon-Fri 9am-9pm, Sat-Sun 9am-4pm
Domestic Violence	**Future Living**	Stort & ULV	Aims to help survivors of domestic abuse	futurelivinghertford.co.uk		07775 107520 or01992 537344
Employment	**Unlock**	Countywide	For ex offenders	https://www.unlock.org.uk/projects/		
Exercise	**Barracuda Swimming Club**	Hertsmere	Swimming Club for disabled children and adults	http://www.barracudasc.co.uk/	secretary.barracuda.sc@hotmail.co.uk	01707 643198
Exercise	**Better Exercise Classes**	WelHat & LLV	Better provides a range of exercise classes across their locations in Welwyn & Hatfield	https://www.better.org.uk/leisure-centre/welwyn-hatfield		01707 271272
Exercise	**Bushey Grove Liesure Centre**	W3R	Leisure centre where you can play sports and join sport clubs. Includes tennis, football, walking football, netball, badminton, table tennis, squash	https://www.busheygroveleisurecentre.co.uk/outdoor-sports/	bushey.comments@inspireall.com	01923 470140
Exercise	**Chair based exercise**	WelHat & LLV	Chair based exercise £3 per session includes tea			Suzina 07930 302102
Exercise	**Chilterns MS Centre**	Countywide	Based in Aylesbury. Welcome to Chilterns MS Centre. If you are living with multiple sclerosis, or caring for someone who is, we're glad you've found us and we look forward to connecting with you on your MS journey – wherever you're at	https://www.chilternsmscentre.org/	info@chilternsmscentre.org	01296 696133
Exercise	**Communities 1st**	Hertsmere	Want to try something new, get active, or speak to someone about benefits, housing or money worries?	https://www.communities1st.org.uk/HWGS	http://hwgs@communities1st.org.uk/	020 8207 5115

Exercise	**Dacorum Dolphins**	Dacorum	The group is aimed at children and adults who have a disability. That would struggle to swim and play in a mainstream session.	https://www.facebook.com/DacorumDolphins	Dacorumdolphins@outlook.com	
Exercise	**Dance for Parkinsons**	W3R	Dance can provide a relaxed and sociable environment for people with Parkinson's to exercise both body and mind	https://www.threeriversleisure.co.uk/dance-for-parkinsons	Juliakpearce@gmail.com	07766 903914
Exercise	**Dance To Health**	Countywide	A falls prevention dance programe for older people	https://www.dancetohealth.org/		
Food/Shopping	**Letchworth Food Bank**	Stevenage/North Herts	Foodbank	https://letchworth.foodbank.org.uk/	info@letchworth.foodbank.org.uk	07825 300437
Food/Shopping	**Stevenage Community Foodbank**	Stevenage/North Herts	Foodbank	https://stevenagecommunityfoodbank.org.uk/		
Food/Shopping	**HILS**	Countywide	Hot meals delivered 365 days a year	https://hertsindependentliving.org/meals/	info@hertsindependentliving.org	0330 2000 103
Food/Shopping	**Wiltshire Farm Foods**	Countywide	Delivers frozen meals	https://www.wiltshirefarmfoods.com/		0800 077 3100
Food/Shopping	**Hertford & District Foodbank**	Stort & ULV	Foodbank	https://hertforddistrict.foodbank.org.uk/	info@hertforddistrict.foodbank.org.uk	07851 708470
Food/Shopping	**Hatfield Foodbank**	WelHat & LLV	Foodbank	https://hatfield.foodbank.org.uk	info@hatfield.foodbank.org.uk	07504 627359
Food/Shopping	**Broxbourne Foodbank**	WelHat & LLV	Foodbank	http://broxbourne.foodbank.org.uk		07943 986261
Food/Shopping	**The Food Pantry**	WelHat & LLV	It is a service that can provide fresh food to vulnerable people. Every Sunday 2pm-4pm and every 2nd and 4th Tuesday 12.30-2.30pm. Collection Point - Rosedale Community Church, Andrews Lane, Cheshunt, EN7 6LB	-	heartshelpingherts@gmail.com	07961 088 788
Furniture	**FReScH**	Countywide	Furniture recycling scheme of Hertfordshire	http://www.fresch.org.uk/	office@fresch.org.uk	01707 395635 - Mon-Fri 9am-4pm
Furniture	**Give A Dog A Bone**	Countywide	2nd hand furniture and upcycling	https://giveadogabone.org.uk/i-upcycle		01992 302 903
Gardening	**Arch Gardening**	Stevenage/North Herts	Gardening Service	https://www.archgardening.co.uk/	info@archgardening.co.uk	01462 686491 / 07801 546990

Gardening	**Blooming Marvellous**	WelHat & LLV	Welwyn Hatfield Gardening Scheme for people who are elderly or with mobility issues needing a hand to maintain their gardens	http://www.whcvs.org.uk/blooming-marvellous-gardening-scheme/		01707 274861
Gardening	**Cliff Ellis**	Dacorum	handyman/gardener and does general mowing/weeding. He's an ex-policeman. Covers Hemel & nearby £17.50 per hour, and has no availability until October 2021. NB: HCNS staff cannot recommend any paid for services or Tradespeople. HCNS cannot guarantee rates will remain the same and have no information regarding working practices or reliability.			07929 711 925.
Gardening	**Communities 1st**	Hertsmere	Want to try something new, get active, or speak to someone about benefits, housing or money worries?	https://www.communities1st.org.uk/HWGS	http://hwgs@communities1st.org.uk/	020 8207 5115
Hearing Loss/Hearing	**HHAS**	Countywide	Hearing Aid Clinic	http://www.hhas.org.uk/hearing-aid-services/hertfordshire2	info@hhas.org.uk	01707 324 582
Hoarding	**Care 4 Freedom**	Countywide	Provides hoarding support and provides decluttering service. All referrals to be made through Herts Help and cc in Tony Fitzgerald.		info@hertshelp.net	0300 123 4044 Tony Fitzgerald: 07436092217.
Home Adaptations	**Herts Home Improvement Agency**	Countywide	We help to provide home adaptations, such as stair lifts and access improvements, for people over 60 and people of all ages with a disability to help them remain independent at home.	https://www.hertfordshire.gov.uk/microsites/Herts-Home-Improvement-Agency/home.aspx	hia@hertfordshire.gov.uk	01438 843467 or 01438 843948
Housing/Homelessness	**Helping Herts Homeless**	Countywide	Focuses on addressing the problems of homelessness in Hertfordshire	http://helpinghertshomeless.org.uk/		01462 600425
Housing/Homelessness	**Shelter**	Countywide	Support and advice on housing and homeslessness	https://england.shelter.org.uk/		0808 800 4444
Housing/Homelessness	**YMCA WGC**	WelHat & LLV	Single homeless people age 18 to 59, including those with mild learning difficulties, some physical disabilities, those recovering from drug/alcohol dependency (with support from other agency), and ex-offenders. Must have a Hertfordshire connection.	http://www.oneymca.org	reception@oneymca.org	01707 351400

Housing/Homelessness	**Paradigm Housing Group**	WelHat & LLV	Young single people aged 16-25 in housing need with a local connection to Welwyn Hatfield District. Can accept parent with a baby under 6 months old.	http://www.welhat.gov.uk/		01707 357000
Housing/Homelessness	**Hightown HA - Mably House**	WelHat & LLV	People who have applied as homeless to Welwyn & Hatfield Borough Council. Must have support needs and a local connection. Can accept couples and people (single parents or couples) with children.	http://www.hightownha.org.uk	mablyhouse@hightownha.org.uk	01707 262425
Housing/Homelessness	**Herts Young Homeless**	Countywide	Our focus is on preventing homelessness - from education in schools and family mediation through to supporting 16-24 year olds in their first homes or caring for adults of all ages who have mental health issues and housing needs.	https://www.hyh.org.uk/	Info@hyh.org.uk	03333 202 384
Housing/Homelessness	**DENS**	Dacorum	DENS: aim is to be the first port of call for people in Dacorum who are facing homelessness, poverty and social exclusion; to support and empower them to take the next positive step in their lives. Services: Day Centre, accomaodation, Foodbank & Social Enterprise.	https://www.dens.org.uk/	Day Centre: Monday-Friday 9am-5pm: email us on needhelp@dens.org.uk	Call us on 01442 275900
IT Support	**Volunteering Matters**	Countywide	Getting Together Matters tablet and data SIM loan project. The scheme is designed to help older people (50+) who would otherwise have no access to a device and or internet connection and are likely to be more isolated because of this.	https://volunteeringmatters.org.uk/opportunity/it-support-for-older-people-by-telephone-non-geographical/	gtm@volunteeringmatters.org.uk	080 8196 6831
Learning & Development	**FutureLearn**	Countywide	Online classes	https://www.futurelearn.com/	support@futurelearn.com.	
Learning & Development	**Step 2 Skills (Formerly HAFLS)**	Countywide	Runs a wide range of quality and approved courses for adults aged 19+, aimed to help improve people's lives.	www.step2skills.org.uk	step2skills@hertfordshire.gov.uk	01992 556194
Learning & Development	**New Leaf**	Countywide	Offers a range of free short educational courses	https://www.newleafcollege.co.uk/	info@newleafcollege.co.uk	01442 864966

Learning & Development	**U3A**	Countywide	Aims to encourage groups of people in their third age to come together and continue their enjoyment of learning in subjects of interest to them	https://www.u3a.org.uk/?view=default		020 8466 6139
Learning Disabilities	**9 Lives Furniture Charity Shops**	W3R	We run training courses for people who've had mental health problems or have a learning disability.	https://www.9livesfurniture.org.uk/	enquiries@9livesfurniture.org.uk	01923 718666
Learning Disabilities	**ABLEize**	Countywide	Browse through this busy Hertfordshire section of ABLEize to find details of disabled groups, clubs and organisations as well as sports and recreational activities, social clubs and meetings for all disabilities.	https://www.ableize.com/disabled-groups-and-clubs-by-county/herts-and-hertfordshire/		
Learning Disabilities	**Access to Work**	Countywide	If the help you need at work is not covered by your employer making reasonable adjustments, you may be able to get help from Access to Work. You'll be offered support based on your needs, which may include a grant to help cover the costs of practical support in the workplace	https://www.gov.uk/access-to-work		0800 121 7479
Learning Disabilities	**Adapt IT**	Countywide	Adapt-IT supplies computer hardware, software and services for disabled users and people with special needs	https://adapt-it.co.uk/	enquiries@Adapt-IT.co.uk	0330 056 4079
Learning Disabilities	**ADD-Vance**	Countywide	Supports families affected by ADHD, Autism or a related condition.	http://www.add-vance.org/	herts@add-vance.org	07716 744 662
Learning Disabilities	**Ascend**	W3R	(South Oxhey) For 25 years, ASCEND has been tackling unemployment, social deprivation and learning disabilities in the local community.	https://www.ascend.org.uk/		0208 420 1364/ 0208 428 6725 (Step Up)
Learning Disabilities	**Aspergers 4 Herts**	Countywide	Supporting children, adults and family members affected by Aspergers syndrome living in Hertfordshire	http://www.aspergers4herts.org/	Multiple emails please check website	Multiple numbers please check website
Learning Disabilities	**Bee Social Activities**	Countywide	Social Activites for adults with learning disabilities	https://alwaysbeeyou.uk/	jo@alwaysbeeyou.uk	Contact Jo Radcliffe on 07850 497052
Legal	**Advice Now**	Countywide	Help with everyday legal problems	https://www.advicenow.org.uk/		
Mental Health/Counselling	**HPFT**	Countywide	Provide health and social care to people with mental ill health. Also provide self help webinars	https://www.hpft.nhs.uk/	hpft.spa@nhs.net	0300 253800

Mental Health/Counselling	**Hertfordshire Mind**	Countywide	Mental Health Support	https://www.mind.org.uk/	info@mind.org.uk	0300 123 3393
Mental Health/Counselling	**Samaritans**	Countywide	Mental Health Support	https://www.samaritans.org/	jo@samaritans.org	116 123
Mental Health/Counselling	**NHS Self Help Guides**	Countywide	Self Help Guides	http://www.selfhelpguides.ntw.nhs.uk/bsmhft/SelfHelp		
Carers	**Turning Point**	Countywide	The Hertfordshire Carers Support Service aims to provide a service that improves emotional wellbeing and outcomes for any adult carer living in Hertfordshire.	www.turning-point.co.uk/services/herts	hcssinfo@turning-point.co.uk	01438 211185
Mental Health/Counselling	**Letchworth Centre for Healthy Living**	Stevenage/North Herts	The Centre is about health promotion and illness prevention; about empowering people of all ages and backgrounds with tools and techniques to enable them to take responsibility for their own health.	www.letchworthcentre.org	Rebeccaskeel@letchworthcentre.org	01462 678804
Mental Health/Counselling	**A Slice of Happiness**	Countywide	Online wellness spa for thos struggling with mental wellbeing during the pandemic	https://www.asliceofhappiness.org/contactus		
Mental Health/Counselling	**For Men To Talk**	Countywide	A chance for men suffering with anxiety, depression and grief to talk with other fellow sufferers	For Men To Talk – A chance for men suffering with anxiety, depression and grief to talk with other fellow sufferers.	formentotalk@hotmail.com	07709 446480 (Luke Newman)
Mental Health/Counselling	**Maytree**	Countywide	Respite and support for people who are feeling suicidal	Home | Maytree	maytree@maytree.org.uk	020 7263 7070
Mental Health/Counselling	**STAFF ONLY - HPFT**	Countywide	Support service set up by the NHS for Health & Social Care workers that may be finding it difficult to manage all the challenges that the pandemic has brought in our professional and private lives and are feeling overwhelmed or need someone to talk to in confidence.	https://www.hpft.nhs.uk/information-and-resources/coronavirus/here-for-you/	hereforyou@nhs.net	0344 257 3960

Mental Health/Counselling	**Unforgettable Experiences**	Countywide	*Unforgettable Experiences* is a Darlington-based community interest company that has recently launched a brand-new service to help older people, particularly those living with mental health and wellbeing concerns, including dementia and neurological conditions, by delivering and connecting them with interactive and creative arts, cultural, and heritage courses online.		emmab@unforgettableexperiences.org	Emma Bryan on 01325 238007
Mental Health/Counselling	**Harmless**	Countywide	Harmless shall provide support, information, training and consultancy about self harm to individuals who self harm, their friends, families and professionals with a view to promoting health and recovery, reducing isolation and distress, and by increasing awareness and skill in intervention.	https://harmless.org.uk/	info@harmless.org.uk	01158 800 280
Mental Health/Counselling	**PTSD UK**	Countywide	We support those with the condition (and those around them) to lead to successful treatments through knowledge and providing the correct tools	https://www.ptsduk.org/		
Mental Health/Counselling	**Isabel Hospice**	WelHat & LLV	Isabel Hospice provides family support, physio, complementary therapy, counselling and groups for anyone over 18 who has been diagnosed with a terminal or life limiting illness	https://www.isabelhospice.org.uk/what-we-do/living-well-with-isabel/	enquiries@isabelhospice.org.uk	01707 382500
Mobility Equipment	**Herts Ability (Formerly HAD)**	Countywide	Equipment centre, driving centre and OT centre	https://hertsability.org.uk/	customerservice@hertsability.org.uk	01707 324581
Mobility Equipment	**British Red Cross**	Countywide	Provide mobility equipment on loan	https://www.redcross.org.uk/get-help/borrow-a-wheelchair##		01992 585974
Mobility Equipment	**Remap**	Countywide	A national charity that provides custom-made equipment for disabled people	https://hertfordshire-north.remap.org.uk/	nhremap@gmail.com	Bruce Carr on 01462 673375, Peter Titterton on 01763 853163
Mobility Equipment	**Mobility Giant**	Countywide	Used mobility scooter superstore. Can buy or hire from them	http://www.mobilitygiant.co.uk/	enquiries@mobilitygiant.co.uk	0800 668 1170

Benefits, Finance & Debt	**Age UK Herts**	Countywide	Information & Advice team provide advice on money, health, wellbeing and Lasting Powers of Attorney	https://www.ageuk.org.uk/hertfordshire/our-services/information-and-advice/	info@ageukherts.org.uk	0300 345 3446
Benefits, Finance & Debt	**CAB**	Countywide	Offer advice and support with benefits	https://www.citizensadvice.org.uk/		03444 111444
Benefits, Finance & Debt	**MAU**	Countywide	Benefits advice and factsheets	www.hertfordshire.gov.uk/benefits		0300 123 4040
Benefits, Finance & Debt	**Job Centre**	Countywide	Can support with benefits, hardship payments and UC advance	https://www.gov.uk/contact-jobcentre-plus		0800 055 6688
Benefits, Finance & Debt	**Step Change**	Countywide	Can support with debt advice	www.stepchange.org		0800 138 1111
Benefits, Finance & Debt	**Turn2Us**	Countywide	Provides advice on benefits as well as a benefits calculator. Also provides its own grants and a search for other grants	https://www.turn2us.org.uk	info@turn2us.org.uk	0808 802 2000
Benefits, Finance & Debt	**Christians Against Poverty**	Countywide	Debt counselling and community groups	https://capuk.org/	info@capuk.org	0800 328 0006
Benefits, Finance & Debt	**DWP**	Countywide	Department for work and pensions	https://www.gov.uk/government/organisations/department-for-work-pensions		
Grants	**FOTE**	Countywide	Grants for the elderly	https://www.fote.org.uk/our-charity-work/grants-2/	enquiries@fote.org.uk	020 7730 8263
Grants	**LHH**	Countywide	Provide financial assistance for people experiencing hardship	https://lhh.org.uk/	secretary@lhh.org.uk	01444 236 099
Grants	**Sawyer Trust**	Countywide	Grants for women in need aged 50 and over	www.sawyertrust.org	info@sawyertrust.org	
Grants	**SCT**	Stevenage/North Herts	Provides funding and support to charitable organisations and people in need	www.stevenagecommunitytrust.org	enquiries@stevenagecommunitytrust.c	01438 525390
Benefits, Finance & Debt	**Macmillan**	Countywide	Benefits Advice Service	https://www.hertfordshire.gov.uk/services/adult-social-services/money-and-benefits-advice/hertfordshire-macmillan-benefits-advice-service.aspx	macmillan.benefitsadviceservice@hert	01438 843456
Benefits, Finance & Debt	**Action Fraud**	Countywide	National Fraud and Cyber Crime Reporting Centre	https://www.actionfraud.police.uk/	-	0300 123 2040
Benefits, Finance & Debt	**Mental Health & Money Advice**	Countywide	Clear, practical advice and support for people experiencing issue with mental health and money	Mental health and money : Mental Health & Money Advice (mentalhealthandmoneyadvice.org)		

Benefits, Finance & Debt	**Gardening with Disabilities Trust**	Countywide	Gardening with Disabilities Trust aims to help people back into gardening in spite of disability. We give out grants so that people can adapt their gardens and make gardening possible. Our clients tell us that it can change their lives, enhance their well-being and help them defy their disability.	Home - Gardening With Disabilities Trust	info@gardeningwithdisabilitiestrust.org.uk	
Long Term Conditions	**Motor Neurone Disease Association**	Countywide	Improve care and support for people with MND, their families and carers	https://www.mndassociation.org/	enquiries@mndassociation.org	01604 250505
Nutrition/Weightloss	**Age UK Herts**	West Herts	Nutrition & Dietetics - Our team will work with you to help you understand the importance of nutrition and hydration in later life and how you can receive help if needed.	https://www.ageuk.org.uk/hertfordshire/our-services/information-for-you/health-and-wellbeing/nutrition-and-dietetics/how-we-can-help-you/	westherts.dietinfo@nhs.net	01727 732 011
Children/Families	**Gingerbread**	Countywide	This is a charity that offers free emotional and practical support to single parents. They offer a supportive community and helplines and have a wealth of knowledge and expertise to help guide people through divorce and raising kids as a single parent	Home - Gingerbread		
Pets	**The Cinnamon Trust**	Countywide	National charity for the elderly, terminally ill and their pets	https://cinnamon.org.uk/		01736 757 900
Rehab	**Isabel Hospice**	WelHat & LLV	Isabel Hospice provides family support, physio, complementary therapy, counselling and groups for anyone over 18 who has been diagnosed with a terminal or life limiting illness	https://www.isabelhospice.org.uk/what-we-do/living-well-with-isabel/	enquiries@isabelhospice.org.uk	01707 382500
Handyperson, Repairs & Tradespeople	**Herts Handyman Squad**	Stort & ULV	Handyman/repairs	http://www.herts-handyman-squad.com/	info@herts-handyman-squad.com	01992 550707 - Mon-Fri 8.30am-6pm
Handyperson, Repairs & Tradespeople	**HB Handyman Services**	Stevenage/North Herts	Handyman service including furniture moves	HB Handyman Services - Handyman Herts	info@handmanherts.co.uk	07720 887176

Handyperson, Repairs & Tradespeople	**Age UK Dacorum**	Dacorum	Provide support to those aged 50+ living in Dacorum. They have clubs, groups, handyperson scheme, befriending schemes, telephone club, carers support and can provide information & advice	https://www.ageuk.org.uk/dacorum/	adminofficer@ageukdacorum.org.uk	01442 259049
Safety & Security	**HHSS**	Countywide	Home safety assistance for victims and vulnerable people	https://www.herts.police.uk/Information-and-services/Advice/Crime-prevention/Protect-your-home/Herts-Home-Safety-Service	HHSS@hertfordshire.gov.uk	01707 292344
Sight Loss/Vision	**Access to Work**	Countywide	If the help you need at work is not covered by your employer making reasonable adjustments, you may be able to get help from Access to Work. You'll be offered support based on your needs, which may include a grant to help cover the costs of practical support in the workplace	https://www.gov.uk/access-to-work		0800 121 7479
Sight Loss/Vision	**Disability Watford & District**	W3R	We are a charity run by people with a disability, to help others with a disability, their family, friends, carers, personal assistants and anyone who has an interest in the problems surrounding disability matters	https://www.disabilitywatford.org.uk/	info@disabilitywatford.org.uk	01923 245 944
Sight Loss/Vision	**Guide Dogs**	Countywide	Provide guide dogs to people who are registered blind or partially sighted or have sight loss	www.guidedogs.org.uk	welwyn@guidedogs.org.uk	0345 1430228
Sight Loss/Vision	**Herts Vision Loss**	Countywide	Supporting and empowering people in Herts with a visual impairment. Also run a hopsital to home service for visually impaired patients and social groups	www.hertsvisionloss.org.uk		01707 324680
Sight Loss/Vision	**Professional Vision Services**	Countywide	Supplier and manufacturer of aids for the blind and partially sighted	www.profession-vision-services.co.uk	sales@professional-vision-services.co.u	01462 420751

Befriending/Social Isolation	**Age UK Herts**	Countywide	Befriending services, InTouch & Telephone Club **(Except Dacorum)**	https://www.ageuk.org.uk/hertfordshire/our-services/befriending-services/		East Herts & Broxbourne - 0772 173 659, North Herts & Stevenage - 07538 954 189, Welwyn Hatfield - 01707 375 814
Befriending/Social Isolation	**Compassionate Neighbours**	WelHat & LLV	Isabel Hospice Compassionate Neighbours	www.isabelhospice.org	christine.novelli@isabelhospice.org.uk	01707 328500
Befriending/Social Isolation	**Compassionate Neighbours**	Stevenage/North Herts	Garden House Hospice Compassionate Neighbours	www.ghhospicecare.org.uk	jeanette.farrow@ghhospicecare.org.uk	01462 679540
Befriending/Social Isolation	**Reach Out**	Stevenage/North Herts	Companionship and practical support to older people who are medically vulnerable and at risk of hospital admission	www.reachout-project.org.uk	reachout@nhcvs.org.uk	01462 689 403
Befriending/Social Isolation	**Wavelength**	Countywide	Fighting lonliness by giving media technology to lonely people living in poverty	https://wavelength.org.uk/	info@wavelength.org.uk	
Befriending/Social Isolation	**Loyal Companion**	Stevenage/North Herts	Sitting & befriending service (also social outings and short breaks) Small household and light gardening tasks. Help with paperwork/admin tasks	https://www.loyalcompanion.co.uk/	jane@loyalcompanion.co.uk	07872 831754
Befriending/Social Isolation	**Re-engage (formerly Contact the Elderly)**	Countywide	Befriending over the phone only. For clients who are 75+, living alone or in sheltered housing with little contact with family and friends, at a stage in your life when you struggle to leave the house	www.reengage.org	info@reengage.org.uk	0800 716543
Befriending/Social Isolation	**Green Connections CIC**	Countywide	Connecting People with plant and places - to help people get through their daily struggles and feel closer to their neighbours, by connecting with nature and creative arts.	www.greenconnections.co.uk	michelle@greenconnections.co.uk	07931 084159
Befriending/Social Isolation	**Compassionate Neighbours (Isabel Hospice)**	WelHat & LLV	Compassionate neighbours scheme and new social meet up pilot scheme with McMullen	https://www.isabelhospice.org.uk/what-we-do/compassionate-communities/compassionateneighbours/	enquiries@isabelhospice.org.uk	01707 382500

Befriending/Social Isolation	**Age UK Dacorum**	Dacorum	Provide support to those aged 50+ living in Dacorum. They have clubs, groups, handyperson scheme, befriending schemes, telephone club, carers support and can provide information & advice	https://www.ageuk.org.uk/dacorum/	adminofficer@ageukdacorum.org.uk	01442 259049
Translation	**HITS**	Countywide	Provide an interpreting service face to face and over the phone. Account set up as Hospital & Community Navigation Service and account number is 10168	www.hertsinterpreting.org	interpreting@communityactiondacoru	01442 867213
Transport	**Blue Badge**	Countywide	Apply online for a blue badge	https://www.gov.uk/apply-blue-badge		
Transport	**Herts Ability (Formerly HAD)**	Countywide	Driving Assessment Centre	https://hertsability.org.uk/	driving@hertsability.org.uk	01707 324581
Transport	**Community Transport Herts**	Countywide	Provides a search function and lists community transport services	https://communitytransportherts.org/	communitytrs@nhcvs.org.uk	01462 689402
Transport	**Welwyn Hatfield CVS Community Car Scheme**	WelHat & LLV	Our customers are mainly older people or people with illness or disability that prevents them from using public transport easily. The charge is 50p per mile from the volunteer's home. Our drivers are local volunteers who are vetted by us and who give part of their time to community work in the area.		whcvscar@yahoo.co.uk	01707 273875
Transport	**Dial-A-Ride**	Countywide	Door-to-door service for people aged 75 years and above, or people who are registered with a permanent disability. Wheelchair accessible minibuses are used. NOT for outpatients hospital appointments or day care. Monday – Friday 9:00 a.m. – 5:00 p.m. For eligible, registered members only.		dialaride@hertfordshire.gov.uk	01992 556 771 If you live in Broxbourne, call 01992 534269
Transport	**Hertfordshire Travel Link**	Countywide	A non-emergency patient transport to hospitals in Hertfordshire. It is free to anyone who is unable to travel by any other means			01438 737505

Transport	**CVSBEH Community Car Scheme**	WelHat & LLV	Transport to disabled or elderly community members who cannot access public transport or any other means of transportation. The Scheme is delivered by voluntary drivers using their own vehicles. Monday – Sunday, subject to availability		communitycar@cvsbeh.org.uk	0300 123 1677
Transport	**Broxbourne Community Car Scheme**	Welhat & LLV	Volunteers from the Royal Voluntary Service take people in their own car (including medial appointments).			01992 552069
Transport	**BODbus**	Countywide	Local transport for individuals and smaller groups; BODbus has wheelchair friendly minibuses with trained drivers; BODbus supplies transport solutions for elderly, disabled and wheelchair bound clients locally and nationally at discounted rates. Drivers work voluntarily and are trained to highest possible standards, operating vehicles with and without wheelchair accessibility		enquiries@bodbus.co.uk	01992 878311 Peter Foster 01992 878311
Transport	**Datchworth Voluntary Car Service**	Stevenage/North Herts	**(Datchworth, Bulls Green, Burnham Green)** Volunteers help transport the elderly or anyone who has difficulty getting transport to enable them to attend appointments e.g. doctors, dentist.			01438 811441
Transport	**Standon & Puckeridge Hospital Transport Scheme**	Stort & ULV	Car scheme covering Standon, Puckeridge, Griffin, Haystreet, High Cross, Wadesmill and Dane End. Volunteer drivers provide trips to hospitals, dentists, GP surgeries for fairly mobile residents			01920 822156
Transport	**Hertford Community Cars**	Stort & ULV	Royal Voluntary Service Transport may be trips to and from hospital or to a GP appointment. 9am - 4pm Monday - Thursday			01992 552069

Transport	**Royston & District Community Transport**	Stevenage/North Herts	offers door-to-door transport for people living in Royston and the surrounding villages of North & East Hertfordshire and South Cambridgeshire who are unable to use conventional public transport and do not have the use of a car. Volunteer drivers provide transport using their own cars and the scheme also operates two wheelchair-accessible minibuses and a four/six seat Multi-Purpose Vehicle (MPV			01763 245228
Transport	**North Herts CVS**	Stevenage/North Herts	Our community transport scheme helps less able residents of North Herts & Stevenage solve their transport problems.	http://www.nhcvstransport.org.uk/	communitytrs@nhcvs.org.uk	01462 689402
Transport	**Tewin Community Minibus**	WelHat & LLV	Destinations -Every Saturday morning from Tewin to Welwyn North Station, WGC, Hertford with Tewin to Stevenage added in a fortnightly rotatio			01992 289054/01438 717473
Transport	**Letchworth Garden City Heritage Foundation**	Stevenage/North Herts	Minibus transport. All minibuses have wheelchair access and carry up to 15 passengers. Group door to door to clubs/meetings.	https://www.letchworth.com/what-we-do/health-wellbeing	response@letchworth.com	01462 530369
Transport	**Hitchin Helping Hands**	Stevenage/North Herts	Hitchin Helping Hands provides transport for the elderly and people with disabilities to meet in the community in a caring manner, allowing them to be part of the commmunity and continue to enjoy a level of independence.	https://warnerbus.com/HHH.htm	hitchinhelpinghands@gmail.com	01462 626235
Transport	**Saturday Shopper Hopper**	Stort & ULV	(Bishops Stortford) Operates a 1hr 20 min circular route, 3 times a day covering Herts and Essex Hospital, Parsonage Lane/Heathrow, Town Centre, Bishop's Gate, Thorley, Havers Lane, Town Centre, Tesco – Bishop's Park, Parsonage Lane/Heathrow and the Herts and Essex Hospital.	https://www.bishopsstortfordtc.gov.uk/community-buses		01279 71500

Transport	**Welwyn Hatfield Borough Council Transport Scheme**	WelHat & LLV	Operate a mini-bus service for the use of our local community, which aims to help local people get out and about. Shopper Hopper - This is a door-to-door regular bus service to local supermarkets for older and disabled residents and those who have difficulty getting around. Customers are collected and returned direct to their own home. The drivers assist with bags on and off the bus. This service currently costs just £3 per person for a return journey. Lunch Hopper - Similar to the Shopper Hopper, the Lunch Hopper provides transport to two lunch clubs where meals are provided at a reasonable cost.			01707 357696
Transport	**Sawbobus**	Stort & ULV	The Town Council set up this service and receives grants from East Herts District Council, some councils in Essex and some commercial sponsors which help fund the service.	https://www.sawbridgeworth-tc.gov.uk/town-information/town-council-services/sawbobus		01279 721447
Transport	**Hadham Hopper**	Stort & ULV	The Hadham Hopper is a free service and runs every Thursday from Much Hadham and Perry Green to and from Bishop's Stortford.	https://www.bishopsstortfordtc.gov.uk/		01279 715000
Volunteering	**RVS**	Countywide	Winter pressures support - Patient support volunteer (Community), Patient transport volunteer & Patient support volunteer (Hospital)			029 2274 9703 (Ext 3392)
Safety & Security	**Safe & Well Visit (Herts Fire Service)**	Countywide	We'll check that existing smoke detectors are correctly sited and working. If you need it, we'll replace or fit a new one free of charge. In addition to this advice you'll also get information about staying healthy and active too.	https://www.hertfordshire.gov.uk/ufs/SAFEANDWELL.eb?ebd=0&ebz=2_1627384894756		
Mental Health/Counselling	**Fast 24**	Countywide	From anxiety care to emotional support for the elderly, at Fast 24 we offer a supportive service to all those who are dealing with mental health issues.	http://www.fast24.org.uk/	info@fast24.org.uk	Call us: 07985 187 781 OR 01923 375 201

Care	**Fast 24**	Countywide	Whether you need someone to give you practical support or help you deal with stress, our experts are always willing to help. At Fast 24, we have a team of expert caregivers who specialise in adult care	http://www.fast24.org.uk/	info@fast24.org.uk	Call us: 07985 187 781 OR 01923 375 201
Advice	**Independent Age**	Countywide	Independent Age can provide you and your family with clear, free and impartial advice on the issues that matter: care and support, money and benefits, health and mobility. Also provide telephone and face to face friendship schemes	https://www.independentage.org/		0800 319 6789
Befriending/Social Isolation	**Independent Age**	Countywide	Independent Age can provide you and your family with clear, free and impartial advice on the issues that matter: care and support, money and benefits, health and mobility. Also provide telephone and face to face friendship schemes	https://www.independentage.org/		0800 319 6789
Befriending/Social Isolation	**A Perfect PA**	Dacorum	We can provide a variety of services to suit your requirements. These might include: Companionship, Cleaning/Home Support, Grocery Shopping, Accompany to Appointments, Appointment Making, Prescription Collection, Days Out, Introduction to the Community – Day Centres / Social Events, Assistance with Paperwork, Assistance with Social Services, Fetching & Carrying, Pet Walking, Daily Living Skills – Use of Money / Travel Training, Office PA – Paperwork / Telephone Service	https://www.aperfectpa.co.uk/	info@aperfectpa.co.uk	01895 717805

Cleaning/Home Support	**A Perfect PA**	Dacorum	We can provide a variety of services to suit your requirements. These might include: Companionship, Cleaning/Home Support, Grocery Shopping, Accompany to Appointments, Appointment Making, Prescription Collection, Days Out, Introduction to the Community – Day Centres / Social Events, Assistance with Paperwork, Assistance with Social Services, Fetching & Carrying, Pet Walking, Daily Living Skills – Use of Money / Travel Training, Office PA – Paperwork / Telephone Service	https://www.aperfectpa.co.uk/	info@aperfectpa.co.uk	01895 717805
Communication, Relationships & Mediation	**A Perfect PA**	Dacorum	We can provide a variety of services to suit your requirements. These might include: Companionship, Cleaning/Home Support, Grocery Shopping, Accompany to Appointments, Appointment Making, Prescription Collection, Days Out, Introduction to the Community – Day Centres / Social Events, Assistance with Paperwork, Assistance with Social Services, Fetching & Carrying, Pet Walking, Daily Living Skills – Use of Money / Travel Training, Office PA – Paperwork / Telephone Service	https://www.aperfectpa.co.uk/	info@aperfectpa.co.uk	01895 717805

Pets	**A Perfect PA**	Dacorum	We can provide a variety of services to suit your requirements. These might include: Companionship, Cleaning/Home Support, Grocery Shopping, Accompany to Appointments, Appointment Making, Prescription Collection, Days Out, Introduction to the Community – Day Centres / Social Events, Assistance with Paperwork, Assistance with Social Services, Fetching & Carrying, Pet Walking, Daily Living Skills – Use of Money / Travel Training, Office PA – Paperwork / Telephone Service	https://www.aperfectpa.co.uk/	info@aperfectpa.co.uk	01895 717805
Befriending/Social Isolation	**Silverline**	Countywide	The Silver Line operates the only confidential, free helpline for older people across the UK that's open 24 hours a day, seven days a week, 365 days of the year. Also offer a telephone friendship scheme where we match volunteers with older people based on their interests, facilitated group calls, and help to connect people with local services in their area.	https://www.thesilverline.org.uk/	info@thesilverline.org.uk	0800 4 70 80 90
Befriending/Social Isolation	**Compassionate Neighbours - Peace Hospice**	West Herts	They provide social and emotional support to people towards the end of life due to age or illness. They also share their knowledge and experiences of end of life, death, dying and loss within their community and provoke engagement with these issues.	https://www.peacehospicecare.org.uk/supporting-you/patients/care-at-home/	Westherts.pcrc@nhs.net	01923 330 330
Befriending/Social Isolation	**Tring Linking Lives**	Dacorum	Tring Linking Lives is a befriending service aimed at those of any age who find themselves requiring some extra friendship and support.	https://tringbaptistchurch.co.uk/linkinglives/	admin@tringbaptistchurch.co.uk	07906 597882
Mental Health/Counselling	**Way In**	Dacorum	We are a small charity who offer a range of counselling services for young people aged 11-30. For bereavement/anxiety/depression	https://www.way-in.uk/	wayinhertsandbucks@gmail.com	07307 199625

Bereavement	**Way In**	Dacorum	We are a small charity who offer a range of counselling services for young people aged 11-30. For bereavement/anxiety/depression	https://www.way-in.uk/	wayinhertsandbucks@gmail.com	07307 199625
Mental Health/Counselling	**Way In**	Dacorum	We are a small charity who offer a range of counselling services for young people aged 11-30. For bereavement/anxiety/depression	https://www.way-in.uk/	wayinhertsandbucks@gmail.com	07307 199625
Bereavement	**At A Loss**	Countywide	We provide the UK's signposting website for anyone bereaved and those supporting them	https://www.ataloss.org/	office@ataloss.org	
Bereavement	**Dying Matters**	Countywide	Dying Matters is working to create an open culture that talks about death, dying and bereavement. Dying matters to all of us - let's talk about it.	https://www.dyingmatters.org/		
Bereavement	**The Good Grief Trust**	Countywide	The Good Grief Trust exists to help all those affected by grief in the UK. We aim to find the bereaved, acknowledge their grief and provide reassurance, a virtual hand of friendship and ongoing support	https://www.thegoodgrieftrust.org/	hello@thegoodgrieftrust.org	
Bereavement	**The Bereavement Trust**	Countywide	This is a free national helpline. This is an evening help line open from 6pm-10pm. It is open on weekends, bank holidays, Christmas/boxing day and new year and all volunteers are trained.			0800 435 455 (if the line is engaged call: 0800 9177 416)
Bereavement	**The Compassionate Friends**	Countywide	The Compassionate Friends (TCF) is a charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other similarly bereaved family members who have suffered the death of a child or children of any age and from any cause.	https://www.tcf.org.uk/	helpline@tcf.org.uk	For bereavement support call our Helpline on: 0345 123 2304 (Open 10 am - 4 pm, 7 - 10 pm every day of the year)
Bereavement	**Carers In Herts**	Countywide	We offer bereavement support in group sessions as well as telephone support for people who do not wish to attend a group, or cannot access one.	https://www.carersinherts.org.uk/how-we-can-help/carer-services/carers-bereavement-support		01992 58 69 69

Bereavement	**Child Bereavement UK**	Countywide	Child Bereavement UK helps children, parents and families to rebuild their lives when a child grieves or when a child dies. They support children and young people up to the age of 25 who are facing bereavement, and anyone affected by the death of a child of any age.	https://www.childbereavementuk.org/	support@childbereavementuk.org	0800 02 888 40
Mental Health/Counselling	**YC Herts (formerly Youth Connexions**	Countywide	Young people can get involved in youth work projects in their area, and get information, advice and guidance on a range of issues from our Access Points.	https://www.servicesforyoungpeople.org/support-for-young-people/	sfyp@hertfordshire.gov.uk	0300 123 7538
Bereavement	**YC Herts (formerly Youth Connexions**	Countywide	Young people can get involved in youth work projects in their area, and get information, advice and guidance on a range of issues from our Access Points.	https://www.servicesforyoungpeople.org/support-for-young-people/	sfyp@hertfordshire.gov.uk	0300 123 7538
Learning Disabilities	**Down's Syndrome Society**	Countywide	DSA aims to help people who have Down's syndrome live full and rewarding lives	https://www.downs-syndrome.org.uk/	info@downs-syndrome.org.uk	0333 1212 300
Volunteering	**YC Herts (formerly Youth Connexions**	Countywide	Young people can get involved in youth work projects in their area, and get information, advice and guidance on a range of issues from our Access Points.	https://www.servicesforyoungpeople.org/support-for-young-people/	sfyp@hertfordshire.gov.uk	0300 123 7538
Mental Health/Counselling	**Tilehouse Counselling**	Stevenage/North Herts	Tilehouse Counselling exists to provide professional counsellingand therapeutic group work for adults and young people.	https://www.tilehouse.org/	info@tilehouse.org	01462 440674
Bereavement	**Garden House Hospice**	Stevenage/North Herts	Working with our medical team of highly experienced doctors and nurses, we have specialists in a wide range of roles including complementary physiotherapy, bereavement, occupational therapy, complementary therapy and spiritual care.	https://www.ghhospicecare.org.uk/	enquiries@ghhospicecare.org.uk	01462 679540
Carers	**Garden House Hospice**	Stevenage/North Herts	Working with our medical team of highly experienced doctors and nurses, we have specialists in a wide range of roles including complementary physiotherapy, bereavement, occupational therapy, complementary therapy and spiritual care.	https://www.ghhospicecare.org.uk/	enquiries@ghhospicecare.org.uk	01462 679540

Mental Health/Counselling	**Garden House Hospice**	Stevenage/North Herts	Working with our medical team of highly experienced doctors and nurses, we have specialists in a wide range of roles including complementary physiotherapy, bereavement, occupational therapy, complementary therapy and spiritual care.	https://www.ghhospicecare.org.uk/	enquiries@ghhospicecare.org.uk	01462 679540
Bereavement	**Rennie Grove Hospice**	West Herts	We are a charity providing specialist care and support for adults and children with a life-limiting illness in West Hertfordshire.	https://renniegrove.org/	info@renniegrove.org	01442 890222
Mental Health/Counselling	**Rennie Grove Hospice**	West Herts	We are a charity providing specialist care and support for adults and children with a life-limiting illness in West Hertfordshire.	https://renniegrove.org/	info@renniegrove.org	01442 890222
Mental Health/Counselling	**Rennie Grove Hospice**	West Herts	We are a charity providing specialist care and support for adults and children with a life-limiting illness in West Hertfordshire.	https://renniegrove.org/	info@renniegrove.org	01442 890222
Cancer	**Rennie Grove Hospice**	West Herts	We are a charity providing specialist care and support for adults and children with a life-limiting illness in West Hertfordshire.	https://renniegrove.org/	info@renniegrove.org	01442 890222
Cancer	**St Francis Hospice**	Dacorum	Our care takes many forms and our professional team plus dedicated, trained volunteers care for people with a wide range of illnesses including cancer, motor neurone disease, dementia, heart disease, lung disease and neurological illness.	https://www.stfrancis.org.uk/	info@stfrancis.org.uk	01442 869550
Dementia	**St Francis Hospice**	Dacorum	Our care takes many forms and our professional team plus dedicated, trained volunteers care for people with a wide range of illnesses including cancer, motor neurone disease, dementia, heart disease, lung disease and neurological illness.	https://www.stfrancis.org.uk/	info@stfrancis.org.uk	01442 869550

Mental Health/Counselling	**St Francis Hospice**	Dacorum	Our care takes many forms and our professional team plus dedicated, trained volunteers care for people with a wide range of illnesses including cancer, motor neurone disease, dementia, heart disease, lung disease and neurological illness.	https://www.stfrancis.org.uk/	info@stfrancis.org.uk	01442 869550
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Carers	**St Francis Hospice**	Dacorum	Our care takes many forms and our professional team plus dedicated, trained volunteers care for people with a wide range of illnesses including cancer, motor neurone disease, dementia, heart disease, lung disease and neurological illness.	https://www.stfrancis.org.uk/	info@stfrancis.org.uk	01442 869550
Rehab	**Peace Hospice**	W3R	We support people at the end of the life but the vast majority of our work is about empowering patients to achieve the best quality of life possible. We do that with our work in the community but, also, at the Hospice itself.	https://www.peacehospicecare.org.uk/	info@peacehospicecare.org.uk	01923 330 330
Care	**Peace Hospice**	W3R	We support people at the end of the life but the vast majority of our work is about empowering patients to achieve the best quality of life possible. We do that with our work in the community but, also, at the Hospice itself.	https://www.peacehospicecare.org.uk/	info@peacehospicecare.org.uk	01923 330 330
Mental Health/Counselling	**Peace Hospice**	W3R	We support people at the end of the life but the vast majority of our work is about empowering patients to achieve the best quality of life possible. We do that with our work in the community but, also, at the Hospice itself.	https://www.peacehospicecare.org.uk/	info@peacehospicecare.org.uk	01923 330 330

Befriending/Social Isolation	**Peace Hospice**	W3R	We support people at the end of the life but the vast majority of our work is about empowering patients to achieve the best quality of life possible. We do that with our work in the community but, also, at the Hospice itself.	https://www.peacehospicecare.org.uk/	info@peacehospicecare.org.uk	01923 330 330
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Mental Health/Counselling	**Signpost**	W3R	Signpost is fully committed to the continued provision of counselling, coaching and other support to help young people aged 10-25 and living in South and West Hertfordshire overcome problems in their lives.	https://www.signpostcounselling.org.uk/	info@signpostcounselling.co.uk	07444 768078 or 074
Bereavement	**Signpost**	W3R	Signpost is fully committed to the continued provision of counselling, coaching and other support to help young people aged 10-25 and living in South and West Hertfordshire overcome problems in their lives.	https://www.signpostcounselling.org.uk/	info@signpostcounselling.co.uk	07444 768078 or 074
Mental Health/Counselling	**Youth Talk**	St Albans	Youth Talk provides free, confidential counselling to 13-25 year olds in St Albans and surrounding areas.	https://youthtalk.org.uk/	info@youthtalk.org.uk	01727 868684
Bereavement	**Youth Talk**	St Albans	Youth Talk provides free, confidential counselling to 13-25 year olds in St Albans and surrounding areas.	https://youthtalk.org.uk/	info@youthtalk.org.uk	01727 868684
Bereavement	**StrongMen**	Countywide	Our aim is to support men following bereavement. Grief can cause severe mental and physical health conditions which are often overlooked and even ignored, especially in men.	https://www.strongmen.org.uk/	hello@StrongMen.org.uk	0800 915 0400

Bereavement	**Sue Ryder**	Countywide	If you're struggling with grief, our online bereavement service offers free and professional video counselling to anyone living in the UK and 18+	https://www.sueryder.org/online-bereavement-counselling		0808 164 4572
Cancer	**Sue Ryder**	Countywide	We support people through the most difficult times of their lives. Whether that's a terminal illness, the loss of a loved one or a neurological condition – we're there when it matters. Our doctors, nurses and carers give people the compassion and expert care they need to help them live the best life they possibly can.	https://www.sueryder.org/		0808 164 4572
Long Term Conditions	**Sue Ryder**	Countywide	We support people through the most difficult times of their lives. Whether that's a terminal illness, the loss of a loved one or a neurological condition – we're there when it matters. Our doctors, nurses and carers give people the compassion and expert care they need to help them live the best life they possibly can.	https://www.sueryder.org/		0808 164 4572
Rehab	**Sue Ryder**	Countywide	We support people through the most difficult times of their lives. Whether that's a terminal illness, the loss of a loved one or a neurological condition – we're there when it matters. Our doctors, nurses and carers give people the compassion and expert care they need to help them live the best life they possibly can.	https://www.sueryder.org/		0808 164 4572
Carers	**Carers Trust**	Countywide	Carers Trust is a major charity for, with and about carers. We work to improve support, services and recognition for anyone living with the challenges of caring, unpaid, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems.	https://carers.org/	info@carers.org	
Carers	**Carers Stepping Out**	Countywide	We organise scenic, sociable, rejuvenating walks to unpaid home carers and those they care for.	https://carerssteppingout.co.uk/	hallosteppingout@gmail.com	

Children/Families	**Families First**	Countywide	Families First is the term used in Hertfordshire for services that work together to support families who need extra help. These are also known as early help services.	https://www.hertfordshire.gov.uk/microsites/families-first/families-first.aspx		0300 123 4043
Children/Families	**Home Start**	Dacorum	At Home-Start Herts we deliver high quality, volunteer led services to support families through challenging times. By getting in early, we help parents grow in confidence and enjoy positive family relationships	https://www.home-startherts.org.uk/	admin@home-startherts.org.uk	01438 367788
Children/Families	**InspireAll**	West Herts	InspireAll is an experienced provider of Family Support Services within Hertfordshire and is currently responsible for the management of 35 Family Centres on behalf of Hertfordshire County Council.	https://www.inspireall.com/what-we-do/family-services/	info@inspireall.com	0300 123 7572
Children/Families	**The Olive Branch Network**	Countywide	The Olive Branch Network aims to support babies and their parents who are in difficult situations by providing them with Moses baskets and high-chairs filled with much needed essential items. Each basket is made to suit the needs of the family.	https://www.theolivebranchnetwork.org.uk/	info@theolivebranchnetwork.org.uk	07715 203379
Children/Families	**Beezee Bodies**	Countywide	We are your dedicated team of nutritionists and behaviour change experts, here to help you make real, long lasting changes towards a healthier lifestyle. We run weight management and healthy lifestyles programmes for adults and families. Also run the Henry Healthy Families programme	https://beezeebodies.com/	info@beezeebodies.co.uk	01707 248648
Benefits, Finance & Debt	**Cancer Research UK**	Countywide	We offer a range of free Will-writing services available nationwide for people over 18 who want to write our update a 'simple Will'. Can offer support online or via local solicitors - list on website	Contact us - Gifts in Wills (cancerresearchuk.org)	Terri.Mclean-Bowman@cancer.org.uk	Tel: 01536 233266 | Mobile: 07768 337603
Cancer	**Cancer Research UK**	Countywide	Information and research on cancer	Cancer Research UK	supporter.services@cancer.org.uk	0300 1231022

Children/Families	**Family Lives**	Countywide	Advice, information, helpline, support in your area and online parenting courses for parents and families	https://www.familylives.org.uk/	askus@familylives.org.uk	0808 800 2222
Children/Families	**Families In Focus**	Countywide	Families in Focus is a Hertfordshire-based community interest company, which provides training information and therapeutic and emotional support to parents.	https://www.familiesinfocus.co.uk/	bookings@familiesinfocus.co.uk	01442 219720
Learning Disabilities	**DRUM (Disability Recreation Unity Movement**	South Herts	DRUM offers affordable, innovative and high quality day activities for adults with physical and/or sensory disabilities, an alternative to the more traditional 'day centre'. Daily activity sessions are held and include art and creative crafts, sculpture, textiles, ceramics, sport, yoga, tai chi, gardening, woodwork, singing and dance.	https://drum.chessck.co.uk/	drumwatford@btinternet.com	01923 442114
Children/Families	**Herts Family Centre Service**	Countywide	We're here to support children, young people, their parents, families and carers.	https://www.hertsfamilycentres.org/family-centres.aspx	Different emails for different sites - ple	0300 123 7572
Children/Families	**Herts Children's Social Care**	Countywide	Children's social care website	https://www.hertfordshire.gov.uk/services/childrens-social-care/childrens-social-care.aspx		0300 123 4043
Children/Families	**Just Talk Herts**	Countywide	Advice for parents and carers	https://www.justtalkherts.org/parents/advice-for-parents.aspx		
Children/Families	**Dacorum Family Services**	Dacorum	Our School Family Support Workers (FSW) are committed to supporting the children, families and schools within their partnerships.	http://www.dacorumfamilyservices.org.uk/	Jan.nethercoat@hobshillwood.herts.sc	01442 401222 Ext 5
Children/Families	**Contact**	Countywide	We are Contact, the charity for families with disabled children.	https://contact.org.uk/	info@contact.org.uk	0808 808 3555
Children/Families	**IPSEA**	Countywide	Free and independent legally based information, advice and support to help get the right education for children and young people with all kinds of special educational needs and disabilities (SEND).	https://www.ipsea.org.uk/advice-line		0800 018 4016

Learning Disabilities	**Earthworks**	St Albans	We support people with learning disabilities - known as our **Earthworkers** – alongside our wonderful volunteers to manage 3.5 acres of beautiful eco-gardens in St Albans	http://www.earthworksstalbans.co.uk/		01727 847311
Learning Disabilities	**Electric Umbrella**	Countywide	Challendgin the perception about people with learning disabilities and enriching and empowering lives through music	https://www.electricumbrella.co.uk/about_us	info@electricumbrella.co.uk	07452 806517
Long Term Conditions	**ABLEize**	Countywide	Browse through this busy Hertfordshire section of ABLEize to find details of disabled groups, clubs and organisations as well as sports and recreational activities, social clubs and meetings for all disabilities.	https://www.ableize.com/disabled-groups-and-clubs-by-county/herts-and-hertfordshire/		
Children/Families	**CAMHS**	Countywide	Children and Adolescent MH Service	https://www.hpftcamhs.nhs.uk/		Emergencies (including medical health) 0800 6444 101/01438 843322 (between 8am and 5pm)
Mental Health/Counselling	**CAMHS**	Countywide	Children and Adolescent MH Service	https://www.hpftcamhs.nhs.uk/		Emergencies (including medical health) 0800 6444 101/01438 843322 (between 8am and 5pm)
Children/Families	**Herts Mind Network**	Dacorum	Our Children and Young People (CYP) provision is available remotely through webinars, video call, telephone, chat forums etc	Young people | Hertfordshire Mind Network (hertsmindnetwork.org)	info@hertfordshiremind.org	01923 256391
Mental Health/Counselling	**Herts Mind Network**	Dacorum	Mental Health Support & Counselling	https://www.hertsmindnetwork.org/	info@hertfordshiremind.org	02037 273600

Children/Families	**Actualize Wellbeing**	Dacorum	Actualize Wellbeing is a non profit organisation established to provide counselling and emotional well-being for adults, children, young people, couples and families.	https://actualizewellbeing.org/	manager@actualizewellbeing.org	07901 593 404
Mental Health/Counselling	**Actualize Wellbeing**	Dacorum	Actualize Wellbeing is a non profit organisation established to provide counselling and emotional well-being for adults, children, young people, couples and families.	https://actualizewellbeing.org/	manager@actualizewellbeing.org	07901 593 404
Children/Families	**Rainbow Trust**	Countywide	Rainbow Trust Children's Charity supports families who have a child aged 0-18 years with a life-threatening or terminal illness.	https://www.rainbowtrust.org.uk/	enquiries@rainbowtrust.org.uk	
Children/Families	**Supporting Links**	Countywide	We are a local Social Enterprise, providing parenting support through courses, workshops and 1:1 mentoring of parents and children throughout Hertfordshire and the surrounding area	https://www.supportinglinks.co.uk/index.html	info@supportinglinks.co.uk	07512 709556 or 01442 300185
Children/Families	**Mermaids**	Countywide	Supporting transgender, nonbinary and gender-diverse children, young people, and their families	https://mermaidsuk.org.uk/	info@mermaidsuk.org.uk.	0808 801 0400
Children/Families	**Headspace**	Countywide	We want children to be healthy and happy, not just now but for the rest of their lives. And teaching them about meditation early would help them do just that. That's why we created Headspace for Kids	https://www.headspace.com/meditation/kids		
Mental Health/Counselling	**Headspace**	Countywide	Meditation, mindfulness, sleep sounds, music, wind down activites etc	https://www.headspace.com/		
Children/Families	**Hertfordshire GRID**	Countywide	Hertfordshire-wide partnership approach where parents, carers, staff in early years settings and schools, further education colleges, local authority officers and representatives from other agencies, work together as part of an Area Group, to ensure that there is a range of provision and support services available in their local community	https://thegrid.org.uk/send-and-additional-needs		

Learning Disabilities	**Families In Focus**	Countywide	We offer support for parents living with children with special educational needs and disabilities, autism, ADHD and all neuro-diverse conditions, inclusive of those awaiting assessment or diagnosis. Sign up to courses, workshops, and Parent Network SEND support and information groups.	https://www.familiesinfocus.co.uk/	bookings@familiesinfocus.co.uk	01442 219720
Children/Families	**Families Feeling Safe - Herts Protective Behaviour Service**	Countywide	A practical and down to earth programme for mums, dads and carers of children and teenagers 0-19 years old. It can enable mums, dads and carers to help their children to build self-esteem and confidence, improve their well-being and have strategies and ideas to keep themselves feeling safe". They can also advise about what protective behaviour support can be accessed through your child's School Partnership	https://familiesfeelingsafe.co.uk/		01462 700021
Children/Families	**National Autistic Society - Hertfordshire Branch**	Countywide	The NAS Hertfordshire branch is run entirely by volunteers and welcomes all autistic adults, children and family members. We organise a number of activities as well as acting as a source of information on local events/services.	http://nasherts.webeden.co.uk/home/4594359306	hertfordshire@nas.org.uk	
Children/Families	**PACT for Autism (Parents and Children Together)**	Countywide	PACT for Autism is a charity providing support for families and carers of individuals within the autism spectrum and similar conditions. We support people with or without a diagnosis.	https://www.pactforautism.org.uk/about	info@pactforautism.org.uk	07377 386090 / 0737
Learning Disabilities	**Guideposts**	Countywide	Support individuals, families and carers	https://guideposts.org.uk/hertfordshire-services/	info@guideposts.org.uk	01993 893 560
Children/Families	**Cerebra**	Countywide	Cerebra is the national charity helping children with brain conditions and their families discover a better life together	https://cerebra.org.uk/	enquiries@cerebra.org.uk	Helpline (freephone): 0800 328 1159 / Telephone: +44 (0) 1267 244200

Mental Health/Counselling	**Nature Connection**	Dacorum	Nature Connection is a free six-week course for adults aged 18 and over in Dacorum living with anxiety and other low-level mental health conditions. The aim of the course is to provide an experience in nature to support mental health and wellbeing. You will join a small group for two hours a week for six weeks. The sessions will be lead by an experienced Forest Therapy Guide. You will experience a gentle walk in nature with a sequence of mindful nature connection invitations to ease anxious minds and bodies. You will gain your own nature connection practice which you will be able to continue once the course is over.	http://www.dacorum.gov.uk/home/community-living/community-partnerships/nature-connection-wellbeing-course	active@dacorum.gov.uk	01442 228390
Children/Families	**Hertfordshire Additional Needs Database (HAND)**	Countywide	Hertfordshire Additional Needs Database is what we call our voluntary register of disabled children and young people aged 0-25. By joining the register you can get discounts at places around the county (and beyond).	https://www.hertfordshire.gov.uk/microsites/local-offer/courses-and-activities-in-hertfordshire/hertfordshire-additional-needs-database.aspx	hand@hertfordshire.gov.uk	
Children/Families	**HAPpy Activity Camp**	Countywide	Thousands of free weekday spaces are available at holiday camps happening across the county for children on benefits related free school meals. There are all types of camps available for children aged 5 to 16, where they'll be fed, play lots of sport and take part in fun enrichment activities!	https://sportinherts.org.uk/happy/booking/		

Children/Families	**National Autistic Society (NAS)**	Countywide	They provide information, advice and support for people with autistic spectrum disorders and their families. Their website includes fact sheets and information about a range of concerns including behavioural difficulties, toileting and sleeping concerns in the context of autism. They also offer an Autism Helpline which provides impartial, confidential information and advice for people with ASD and their families and carers.	http://www.autism.org.uk/	nas@nas.org.uk	0207 833 2299 (Monday to Friday 9am-12pm and 1-3pm)
Children/Families	**Scope**	Countywide	Support families of children with cerebral palsy and can provide written information about difficulties, such as toilet and sleep training	http://www.scope.org.uk	helpline@scope.org.uk	0808 800 3333
Children/Families	**Family Fund**	Countywide	The UK's largest provider of grants to families raising children and young people with disabilities	www.familyfund.org.uk		
Children/Families	**SOS!SEN**	Countywide	They offer a free, friendly, independent and confidential telephone helpline for parents and others looking for information and advice on Special Educational Needs and Disability (SEND).	http://www.sossen.org.uk/index.php	admin@sossen.org.uk	0300 302 3731/ 0208
Children/Families	**Mencap**	Countywide	Offer advice around many aspects of supporting someone with a learning disability. Offer children's play schemes and young adult social groups in some areas of Hertfordshire	http://hertsmencap.info/welcome.html	info@hertsmencap.info	
Children/Families	**The Youth Booth**	Countywide	Facilitating Youth Services Across Dacorum	https://www.theyouthbooth.com/	Toni@theyouthbooth.com	07547 457301
Veteran Services	**Op COURAGE: The Veterans Mental Health and Wellbeing Service**	Countywide	If you or someone you know is struggling with their mental health or wellbeing, expert help is available from Op COURAGE: The Veterans Mental Health and Wellbeing Service.	https://www.nhs.uk/nhs-services/armed-forces-and-veterans-healthcare/veterans-nhs-mental-health-services/	mevs.mhm@nhs.net	0300 323 0137

Mental Health/Counselling	**Op COURAGE: The Veterans Mental Health and Wellbeing Service**	Countywide	If you or someone you know is struggling with their mental health or wellbeing, expert help is available from Op COURAGE: The Veterans Mental Health and Wellbeing Service.	https://www.nhs.uk/nhs-services/armed-forces-and-veterans-healthcare/veterans-nhs-mental-health-services/	mevs.mhm@nhs.net	0300 323 0137
Care	**Central London Community Healthcare NHS Trust (CLCH)**	West Herts	CLCH is providing adult community healthcare services in west Hertfordshire (from 1 October 2019). The service provides community nursing, therapy and specialist services for adults who are registered with a GP in our area.	https://www.clch.nhs.uk/	Various emails - please see referral forr	03000 200 656
Cleaning/Home Support	**A Perfect PA**	St Albans	We can provide a variety of services to suit your requirements. These might include: Companionship, Cleaning/Home Support, Grocery Shopping, Accompany to Appointments, Appointment Making, Prescription Collection, Days Out, Introduction to the Community – Day Centres / Social Events, Assistance with Paperwork, Assistance with Social Services, Fetching & Carrying, Pet Walking, Daily Living Skills – Use of Money / Travel Training, Office PA – Paperwork / Telephone Service	https://www.aperfectpa.co.uk/	info@aperfectpa.co.uk	01895 717805
Cleaning/Home Support	**Scenic Cleaning**	Countywide	We at scenic cleaning are trained to deliver quality domestic cleaning in Hertfordshire without burdening you with anything. Our commitment is to the client always and we make sure to deliver services that make life much easier for you.	http://sceniccleaning.com/domestic-cleaning-hertfordshire.php	info@sceniccleaning.com	+44 (0)742 874 2731

Cleaning/Home Support	**Apsley Domestic Cleaners**	Dacorum	Apsley Domestic Cleaners provides properly vetted domestic cleaners to private households. The tasks performed would typically include any normal household cleaning duties such as vacuuming, dusting, washing down paintwork, cleaning toilets and bathroom, they can do other more usual jobs clean out the fridge, clean under the sink, clean under the stairs; etc.	http://www.apsleydomesticcleaners.co.uk/		01442 235 253
Cleaning/Home Support	**Ace Home Services**	Dacorum	Ace Home Services provides help in the home and garden, for the elderly and people with learning and physical disabilities.	https://zenacoston.wixsite.com/ace-home-services	acehomeservices@outlook.com	**01923 209728/07832**
Cleaning/Home Support	**Maid of Herts**	Dacorum	Tailored domestic cleaning service. Postcodes covered HP1, HP2, HP3, HP4, HP5, HP6, HP7, HP8, HP22, HP23, WD3, WD4, WD5, WD23, WD17-19, WD24, WD25	http://www.maidofherts.com/index.html	info@maidofherts.com	01442 540085, 07795
Cleaning/Home Support	**Maid2Clean**	Countywide	Maid2Clean are the specialists in home cleaning in Herts providing both One-off Spring Cleans and a Regular Cleaning Service. Whichever Maid2Clean cleaning service you choose we have a fabulous choice of domestic cleaners living local to you ready to provide the cleaning service you've always dreamed of.	https://www.maid2clean.co.uk/domestic-cleaning/herts/	services@maid2clean.co.uk	0800 622 6572
Cleaning/Home Support	**SelClene**	Countywide	Our regular cleaning service lets you relax while we do the hard work for you. Our cleaners are well trained and specialise in various cleaning services.	https://www.selcleneherts.co.uk/	info@selcleneherts.co.uk	tel:01727828875
Cleaning/Home Support	**Fast 24**	W3R	Whether you need someone to give you practical support or help you deal with stress, our experts are always willing to help. At Fast 24, we have a team of expert caregivers who specialise in adult care	http://www.fast24.org.uk/	info@fast24.org.uk	07985 187 781

Cleaning/Home Support	**AcePace**	Dacorum	From the smallest amount to the largest we have seen and cleared it all, hoarded properties are our speciality and we clear these with sensitivity and no judgement	https://www.acepaceclearance.com/	info@acepaceclearance.com	Mobile 07976 287776
Housing/Homelessness	**Emmaus**	St Albans	Emmaus Hertfordshire is a charity which supports formerly homeless people by providing a home for as long as needed and meaningful work in one of our social enterprises.	https://emmaus.org.uk/hertfordshire/	community.herts@emmaus.org.uk	01727 817294 (Comm
Employment	**Emmaus**	St Albans	Emmaus Hertfordshire is a charity which supports formerly homeless people by providing a home for as long as needed and meaningful work in one of our social enterprises.	https://emmaus.org.uk/hertfordshire/	community.herts@emmaus.org.uk	01727 817294 (Comm
Furniture	**Emmaus**	Countywide	Emmaus Hertfordshire collects donated furniture and white goods from across the county. Collections are free and items are sold through our second-hand furniture stores to fund the work we do supporting 39 formerly homeless people living and working in our community.	https://emmaus.org.uk/hertfordshire/what-we-do/furniture-collections/	community.herts@emmaus.org.uk	01727 817294 (Comm
Cleaning/Home Support	**Emmaus**	Countywide	Emmaus Hertfordshire offers an affordable house clearance service & cleaning service with a difference as all proceeds will be used to support people who have experienced homelessness	https://emmaus.org.uk/hertfordshire/what-we-do/house-clearance-service-2/	community.herts@emmaus.org.uk	01727 817294 (Comm
Cleaning/Home Support	**Holywell Skip Hire**	Countywide	We understand that construction and renovation projects can get messy - with one of our skips you can help to clean up your work site to ensure that it remains orderly and professional. Not only do we deliver our skips to you, but we also take care of removing them and disposing of your waste	https://www.holywellskiphire.co.uk/	info@holywellhaulage.com	01442 233 077
Mental Health/Counselling	**Way In**	W3R	We are a small charity who offer a range of counselling services for young people aged 11-30. For bereavement/anxiety/depression	https://www.way-in.uk/	wayinhertsandbucks@gmail.com	07307 199625

Bereavement	**Way In**	W3R	We are a small charity who offer a range of counselling services for young people aged 11-30. For bereavement/anxiety/depression	https://www.way-in.uk/	wayinhertsandbucks@gmail.com	07307 199625
Mental Health/Counselling	**Way In**	W3R	We are a small charity who offer a range of counselling services for young people aged 11-30. For bereavement/anxiety/depression	https://www.way-in.uk/	wayinhertsandbucks@gmail.com	07307 199625
Dementia	**St Francis Hospice**	Dacorum	Our care takes many forms and our professional team plus dedicated, trained volunteers care for people with a wide range of illnesses including cancer, motor neurone disease, dementia, heart disease, lung disease and neurological illness.	https://www.stfrancis.org.uk/	info@stfrancis.org.uk	01442 869550
Mental Health/Counselling	**St Francis Hospice**	St Albans	Our care takes many forms and our professional team plus dedicated, trained volunteers care for people with a wide range of illnesses including cancer, motor neurone disease, dementia, heart disease, lung disease and neurological illness.	https://www.stfrancis.org.uk/	info@stfrancis.org.uk	01442 869550
Bereavement	**St Francis Hospice**	St Albans	Our care takes many forms and our professional team plus dedicated, trained volunteers care for people with a wide range of illnesses including cancer, motor neurone disease, dementia, heart disease, lung disease and neurological illness.	https://www.stfrancis.org.uk/	info@stfrancis.org.uk	01442 869550
Carers	**St Francis Hospice**	St Albans	Our care takes many forms and our professional team plus dedicated, trained volunteers care for people with a wide range of illnesses including cancer, motor neurone disease, dementia, heart disease, lung disease and neurological illness.	https://www.stfrancis.org.uk/	info@stfrancis.org.uk	01442 869550

Cancer	**St Francis Hospice**	St Albans	Our care takes many forms and our professional team plus dedicated, trained volunteers care for people with a wide range of illnesses including cancer, motor neurone disease, dementia, heart disease, lung disease and neurological illness.	https://www.stfrancis.org.uk/	info@stfrancis.org.uk	01442 869550
Children/Families	**Herts Mind Network**	Stort & ULV	**(Bishops Stortford, Ware)** Our Children and Young People (CYP) provision is available remotely through webinars, video call, telephone, chat forums etc	Young people | Hertfordshire Mind Network (hertsmindnetwork.org)	info@hertfordshiremind.org	01923 256391
Mental Health/Counselling	**Herts Mind Network**	Stort & ULV	**(Bishops Stortford, Ware)** Mental Health Support & Counselling	https://www.hertsmindnetwork.org/	info@hertfordshiremind.org	02037 273600
Children/Families	**Herts Mind Network**	Hertsmere	**(Borehamwood)** Our Children and Young People (CYP) provision is available remotely through webinars, video call, telephone, chat forums etc	Young people | Hertfordshire Mind Network (hertsmindnetwork.org)	info@hertfordshiremind.org	01923 256391
Mental Health/Counselling	**Herts Mind Network**	Hertsmere	**(Borehamwood)** Mental Health Support & Counselling	https://www.hertsmindnetwork.org/	info@hertfordshiremind.org	02037 273600
Children/Families	**Herts Mind Network**	Stevenage/North Herts	**(Letchworth)** Our Children and Young People (CYP) provision is available remotely through webinars, video call, telephone, chat forums etc	Young people | Hertfordshire Mind Network (hertsmindnetwork.org)	info@hertfordshiremind.org	01923 256391
Mental Health/Counselling	**Herts Mind Network**	Stevenage/North Herts	**(Letchworth)** Mental Health Support & Counselling	https://www.hertsmindnetwork.org/	info@hertfordshiremind.org	02037 273600
Children/Families	**Herts Mind Network**	WelHat & LLV	**(Waltham Cross)** Our Children and Young People (CYP) provision is available remotely through webinars, video call, telephone, chat forums etc	Young people | Hertfordshire Mind Network (hertsmindnetwork.org)	info@hertfordshiremind.org	01923 256391
Mental Health/Counselling	**Herts Mind Network**	WelHat & LLV	**(Waltham Cross)** Mental Health Support & Counselling	https://www.hertsmindnetwork.org/	info@hertfordshiremind.org	02037 273600
Children/Families	**Herts Mind Network**	W3R	**(Watford)** Our Children and Young People (CYP) provision is available remotely through webinars, video call, telephone, chat forums etc	Young people | Hertfordshire Mind Network (hertsmindnetwork.org)	info@hertfordshiremind.org	01923 256391
Mental Health/Counselling	**Herts Mind Network**	W3R	**(Watford)** Mental Health Support & Counselling	https://www.hertsmindnetwork.org/	info@hertfordshiremind.org	02037 273600
Cleaning/Home Support	**Ace Home Services**	W3R	Ace Home Services provides help in the home and garden, for the elderly and people with learning and physical disabilities.	https://zenacoston.wixsite.com/ace-home-services	acehomeservices@outlook.com	**01923 209728/07832**

Cleaning/Home Support	**Maid of Herts**	W3R	Tailored domestic cleaning service. Postcodes covered HP1, HP2, HP3, HP4, HP5, HP6, HP7, HP8, HP22, HP23, WD3, WD4, WD5, WD23, WD17-19, WD24, WD25	http://www.maidofherts.com/index.html	info@maidofherts.com	01442 540085, 07795
Befriending/Social Isolation	**Compassionate Neighbours**	Stort & ULV	Isabel Hospice Compassionate Neighbours	www.isabelhospice.org	christine.novelli@isabelhospice.org.uk	01707 328500
Cleaning/Home Support	**Fast 24**	St Albans	Whether you need someone to give you practical support or help you deal with stress, our experts are always willing to help. At Fast 24, we have a team of expert caregivers who specialise in adult care	http://www.fast24.org.uk/	info@fast24.org.uk	07985 187 781
Cleaning/Home Support	**Fast 24**	Dacorum	Whether you need someone to give you practical support or help you deal with stress, our experts are always willing to help. At Fast 24, we have a team of expert caregivers who specialise in adult care	http://www.fast24.org.uk/	info@fast24.org.uk	07985 187 781
Cleaning/Home Support	**Fast 24**	Stevenage/North Herts	Whether you need someone to give you practical support or help you deal with stress, our experts are always willing to help. At Fast 24, we have a team of expert caregivers who specialise in adult care	http://www.fast24.org.uk/	info@fast24.org.uk	07985 187 781
Cleaning/Home Support	**Fast 24**	Stort & ULV	Whether you need someone to give you practical support or help you deal with stress, our experts are always willing to help. At Fast 24, we have a team of expert caregivers who specialise in adult care	http://www.fast24.org.uk/	info@fast24.org.uk	07985 187 781
Rehab	**Peace Hospice**	Dacorum	We support people at the end of the life but the vast majority of our work is about empowering patients to achieve the best quality of life possible. We do that with our work in the community but, also, at the Hospice itself.	https://www.peacehospicecare.org.uk/	info@peacehospicecare.org.uk	01923 330 330

Care	**Peace Hospice**	Dacorum	We support people at the end of the life but the vast majority of our work is about empowering patients to achieve the best quality of life possible. We do that with our work in the community but, also, at the Hospice itself.	https://www.peacehospicecare.org.uk/	info@peacehospicecare.org.uk	01923 330 330
Mental Health/Counselling	**Peace Hospice**	Dacorum	We support people at the end of the life but the vast majority of our work is about empowering patients to achieve the best quality of life possible. We do that with our work in the community but, also, at the Hospice itself.	https://www.peacehospicecare.org.uk/	info@peacehospicecare.org.uk	01923 330 330
Befriending/Social Isolation	**Peace Hospice**	Dacorum	We support people at the end of the life but the vast majority of our work is about empowering patients to achieve the best quality of life possible. We do that with our work in the community but, also, at the Hospice itself.	https://www.peacehospicecare.org.uk/	info@peacehospicecare.org.uk	01923 330 330
Bereavement	**Peace Hospice**	Dacorum	We support people at the end of the life but the vast majority of our work is about empowering patients to achieve the best quality of life possible. We do that with our work in the community but, also, at the Hospice itself.	https://www.peacehospicecare.org.uk/	info@peacehospicecare.org.uk	01923 330 330
Carers	**Peace Hospice**	Dacorum	We support people at the end of the life but the vast majority of our work is about empowering patients to achieve the best quality of life possible. We do that with our work in the community but, also, at the Hospice itself.	https://www.peacehospicecare.org.uk/	info@peacehospicecare.org.uk	01923 330 330
Mental Health/Counselling	**Signpost**	Dacorum	Signpost is fully committed to the continued provision of counselling, coaching and other support to help young people aged 10-25 and living in South and West Hertfordshire overcome problems in their lives.	https://www.signpostcounselling.org.uk/	info@signpostcounselling.co.uk	07444 768078 or 074

Bereavement	**Signpost**	Dacorum	Signpost is fully committed to the continued provision of counselling, coaching and other support to help young people aged 10-25 and living in South and West Hertfordshire overcome problems in their lives.	https://www.signpostcounselling.org.uk/	info@signpostcounselling.co.uk	07444 768078 or 074
Children/Families	**Home Start**	St Albans	At Home-Start Herts we deliver high quality, volunteer led services to support families through challenging times. By getting in early, we help parents grow in confidence and enjoy positive family relationships	https://www.home-startherts.org.uk/	admin@home-startherts.org.uk	01438 367788
Children/Families	**Home Start**	Stevenage/North Herts	At Home-Start Herts we deliver high quality, volunteer led services to support families through challenging times. By getting in early, we help parents grow in confidence and enjoy positive family relationships	https://www.home-startherts.org.uk/	admin@home-startherts.org.uk	01438 367788
Children/Families	**Home Start**	Stort & ULV	At Home-Start Herts we deliver high quality, volunteer led services to support families through challenging times. By getting in early, we help parents grow in confidence and enjoy positive family relationships	https://www.home-startherts.org.uk/	admin@home-startherts.org.uk	01438 367788
Children/Families	**Home Start**	WelHat & LLV	At Home-Start Herts we deliver high quality, volunteer led services to support families through challenging times. By getting in early, we help parents grow in confidence and enjoy positive family relationships	https://www.home-startherts.org.uk/	admin@home-startherts.org.uk	01438 367788

Care	**East & North Herts ICT**	WelHat & LLV	The POA Service is designed for patients who are housebound or patients in care homes. This includes patients who are shielding or vulnerable due to Covid-19 as well as any patient who cannot be managed by their GP, Minor Injuries Unit (MIU) or Ambulatory Services. The aim of the service is to prevent unnecessary hospital admissions and to support care homes to manage residents within their homes.	https://www.hct.nhs.uk/our-services/integrated-community-team/	Different emails for different localities	0300 123 7571
Care	**East & North Herts ICT**	Stort & ULV	The POA Service is designed for patients who are housebound or patients in care homes. This includes patients who are shielding or vulnerable due to Covid-19 as well as any patient who cannot be managed by their GP, Minor Injuries Unit (MIU) or Ambulatory Services. The aim of the service is to prevent unnecessary hospital admissions and to support care homes to manage residents within their homes.	https://www.hct.nhs.uk/our-services/integrated-community-team/	Different emails for different localities	0300 123 7571
Cancer	**Isabel Hospice**	Stevenage/North Herts	Isabel Hospice provides family support, physio, complementary therapy, counselling and groups for anyone over 18 who has been diagnosed with a terminal or life limiting illness	https://www.isabelhospice.org.uk/	enquiries@isabelhospice.org.uk	01707 382500
Care	**Isabel Hospice**	Stevenage/North Herts	Isabel Hospice provide an inpatient unit for over 18's who have been diagnosed with a terminal or life limiting illness. People stay at the Hospice when they need support to help manage symptoms related to their illness, and to get any pain under control.	https://www.isabelhospice.org.uk/what-we-do/in-patient-unit/	enquiries@isabelhospice.org.uk	01707 382500

Carers	**Isabel Hospice**	Stevenage/North Herts	Isabel Hospice provides family support, physio, complementary therapy, counselling and groups for anyone over 18 who has been diagnosed with a terminal or life limiting illness	https://www.isabelhospice.org.uk/what-we-do/family-support/	enquiries@isabelhospice.org.uk	01707 382500
Clubs	**Age UK Dacorum**	Dacorum	Provide support to those aged 50+ living in Dacorum. They have clubs, groups, handyperson scheme, befriending schemes, telephone club, carers support and can provide information & advice	https://www.ageuk.org.uk/dacorum/	Details for each club on website	Details for each club on website
Mental Health/Counselling	**Isabel Hospice**	Stevenage/North Herts	Isabel Hospice provides family support, physio, complementary therapy, counselling and groups for anyone over 18 who has been diagnosed with a terminal or life limiting illness	https://www.isabelhospice.org.uk/what-we-do/living-well-with-isabel/	enquiries@isabelhospice.org.uk	01707 382500
Mental Health/Counselling	**Isabel Hospice**	Stevenage/North Herts	Isabel Hospice provides family support, physio, complementary therapy, counselling and groups for anyone over 18 who has been diagnosed with a terminal or life limiting illness	https://www.isabelhospice.org.uk/what-we-do/living-well-with-isabel/	enquiries@isabelhospice.org.uk	01707 382500
Rehab	**Isabel Hospice**	Stevenage/North Herts	Isabel Hospice provides family support, physio, complementary therapy, counselling and groups for anyone over 18 who has been diagnosed with a terminal or life limiting illness	https://www.isabelhospice.org.uk/what-we-do/living-well-with-isabel/	enquiries@isabelhospice.org.uk	01707 382500
Befriending/Social Isolation	**Compassionate Neighbours (Isabel Hospice)**	Stevenage/North Herts	Compassionate neighbours scheme and new social meet up pilot scheme with McMullen	https://www.isabelhospice.org.uk/what-we-do/compassionate-communities/compassionateneighbours/	enquiries@isabelhospice.org.uk	01707 382500
Transport	**CVSBEH Community Car Scheme**	Stort & ULV	Transport to disabled or elderly community members who cannot access public transport or any other means of transportation. The Scheme is delivered by voluntary drivers using their own vehicles. Monday – Sunday, subject to availability		communitycar@cvsbeh.org.uk	0300 123 1677

Cancer	**Isabel Hospice**	Stort & ULV	Isabel Hospice provides family support, physio, complementary therapy, counselling and groups for anyone over 18 who has been diagnosed with a terminal or life limiting illness	https://www.isabelhospice.org.uk/	enquiries@isabelhospice.org.uk	01707 382500
Care	**Isabel Hospice**	Stort & ULV	Isabel Hospice provide an inpatient unit for over 18's who have been diagnosed with a terminal or life limiting illness. People stay at the Hospice when they need support to help manage symptoms related to their illness, and to get any pain under control.	https://www.isabelhospice.org.uk/what-we-do/in-patient-unit/	enquiries@isabelhospice.org.uk	01707 382500
Carers	**Isabel Hospice**	Stort & ULV	Isabel Hospice provides family support, physio, complementary therapy, counselling and groups for anyone over 18 who has been diagnosed with a terminal or life limiting illness	https://www.isabelhospice.org.uk/what-we-do/family-support/	enquiries@isabelhospice.org.uk	01707 382500
Clubs	**Age UK Herts**	Countywide	Active Ageing - 10-3 Clubs, Clitheroe Health & Wellbeing Centre, Asian Clubs & Men In Sheds **(Except Dacorum)**	https://www.ageuk.org.uk/hertfordshire/our-services/information-for-you/active-ageing/	Details for each club on website	Details for each club on website
Mental Health/Counselling	**Isabel Hospice**	Stort & ULV	Isabel Hospice provides family support, physio, complementary therapy, counselling and groups for anyone over 18 who has been diagnosed with a terminal or life limiting illness	https://www.isabelhospice.org.uk/what-we-do/living-well-with-isabel/	enquiries@isabelhospice.org.uk	01707 382500
Mental Health/Counselling	**Isabel Hospice**	Stort & ULV	Isabel Hospice provides family support, physio, complementary therapy, counselling and groups for anyone over 18 who has been diagnosed with a terminal or life limiting illness	https://www.isabelhospice.org.uk/what-we-do/living-well-with-isabel/	enquiries@isabelhospice.org.uk	01707 382500
Rehab	**Isabel Hospice**	Stort & ULV	Isabel Hospice provides family support, physio, complementary therapy, counselling and groups for anyone over 18 who has been diagnosed with a terminal or life limiting illness	https://www.isabelhospice.org.uk/what-we-do/living-well-with-isabel/	enquiries@isabelhospice.org.uk	01707 382500
Befriending/Social Isolation	**Compassionate Neighbours (Isabel Hospice)**	Stort & ULV	Compassionate neighbours scheme and new social meet up pilot scheme with McMullen	https://www.isabelhospice.org.uk/what-we-do/compassionate-communities/compassionateneighbours/	enquiries@isabelhospice.org.uk	01707 382500

Clubs	**Arts, Museums & Heritage Organisations in North Hertfordshire**	Stevenage/North Herts	Arts, Museums & Heritage Organisations in North Hertfordshire	https://www.north-herts.gov.uk/sites/northherts-cms/files/arts_museums_and_heritage_organisations-3.pdf		
Clubs	**Aspergers 4 Herts**	Countywide	Supporting children, adults and family members affected by Aspergers syndrome living in Hertfordshire	http://www.aspergers4herts.org/	Multiple emails please check website	Multiple numbers please check website
Clubs	**Barracuda Swimming Club**	Hertsmere	Swimming Club for disabled children and adults	http://www.barracudasc.co.uk/	secretary.barracuda.sc@hotmail.co.uk	01707 643198
Mental Health/Counselling	**Guideposts**	West Herts	Charity supporting those with Mental health problems, older adults with Demetia and children & adults with LD. Services include: Commnuity Mental Health Services (Henry Smith House in Watford and in South West Herts); Community Support & Connect: One to one peer support; Friendship schemes in St Albans, Harpenden, Stevenage and North Herts for adults with LD. Cross Street Community hub in Ware: runs activities for adults with LD. GuidePosts also runs carers support groups.	https://guideposts.org.uk/services/area/hertfordshire		
Mental Health/Counselling	**Guideposts**	Stevenage/North Herts	Charity supporting those with Mental health problems, older adults with Demetia and children & adults with LD. Services include: Commnuity Mental Health Services (Henry Smith House in Watford and in South West Herts); Community Support & Connect: One to one peer support; Friendship schemes in St Albans, Harpenden, Stevenage and North Herts for adults with LD. Cross Street Community hub in Ware: runs activities for adults with LD. GuidePosts also runs carers support groups.	https://guideposts.org.uk/services/area/hertfordshire		

Mental Health/Counselling	**Guideposts**	Stort & ULV	Charity supporting those with Mental health problems, older adults with Demetia and children & adults with LD. Services include: Commnuity Mental Health Services (Henry Smith House in Watford and in South West Herts); Community Support & Connect: One to one peer support; Friendship schemes in St Albans, Harpenden, Stevenage and North Herts for adults with LD. Cross Street Community hub in Ware: runs activities for adults with LD. GuidePosts also runs carers support groups.	https://guideposts.org.uk/services/area/hertfordshire		
Cleaning/Home Support	**Laundry Heap**	Dacorum	Laundry, dry cleaning, ironing service. Collect washing from your property and delivers it back. Watford, St Albans, Dacorum.	http://laundryheap.co.uk		
Cleaning/Home Support	**Laundry Heap**	W3R	Laundry, dry cleaning, ironing service. Collect washing from your property and delivers it back. Watford, St Albans, Dacorum.	http://laundryheap.co.uk		
Cleaning/Home Support	**Laundry Heap**	St Albans	Laundry, dry cleaning, ironing service. Collect washing from your property and delivers it back. Watford, St Albans, Dacorum.	http://laundryheap.co.uk		
Cleaning/Home Support	**Clean Home Domestic Cleaning**	West Herts	General Cleaning	http://cleanhomeuk.com		0800 1448252
Cleaning/Home Support	**Debbie Around The Home**	Dacorum	General Cleaning		aroundthehome@Outlook.com	07889 540364 01582 939302
Care	**Hummingbird Homehelp**	St Albans	Home help for older people General home help: including meal preparation, shopping, laundry, Companionship calls, Social animal visit, taxi service to and from appointments, putting bins out and other day-to-day activities. Referral contact form on website: https://www.hummingbirdhomehelp.co.uk/	www.hummingbirdhomehelp.co.uk	*Claire Collis Email: hummingbirdhomeh*	*Tel: 07708 309812*

Pets	**Hummingbird Homehelp**	St Albans	Specifically targeting pet care for people who have pets at home but are finding it difficult to look after their pets. Companionship home visits with Claire's dog Dog care: Regular walks, garden poop pick up, companionship, pet taxi service Cats and small animals: Feeding, litter changing, Companionship, pet taxi service Emergency pet care visits are available in cases where a pet maybe left alone for long periods of time, due to unavoidable circumstances (including hospital appointments, hospital admissions, respite care)	www.hummingbirdhomehelp.co.uk	*Claire Collis Email: hummingbirdhomeh*	*Tel: 07708 309812*
Care	**Time2Care**	West Herts	Personal care, Enablement services Hospital discharge support Dementia/Alzheimer care Respite/convalescence care Sleep overs / night support. End of life / palliative care Home help services: light housekeeping, laundry shopping meal preparation pet care , running errands, collecting prescriptions medication reminders Companionship services: activities, outings accompany to appointments and social events, organising mail and writing letters, arranging appointments	https://www.time2carebarnetltd.co.uk/	time2carebarnetltd@gmail.com	Theresa Chibanda Tel: 07754 280 514

Care	**Nannies 4 Grannies**	St Albans	Nannies 4 Grannies Ltd was established to provide a reliable local home care, support and companionship service for older residents of Harpenden, St Albans and the surrounding areas. Help with light housework, preparing meals, laundry etc. Arrange doctors, dentists or hairdressers appointments - chaperoning you if necessary. Accompany you on shopping trips, or do the shopping for you. Organise tradesmen . Join you in a friendly chat and a cup of tea. Keep a relative company while you go out for a while	https://www.nannies4grannies.co.uk	social@nannies4grannies.co.uk	01727 857988
Care	**Helping Hands**	West Herts	Helping Hands provide everything from companionship, housekeeping, through to providing more complex healthcare support for people with conditions such as MS, Spinal Injuries, Parkinson's, Acquired Brain Injuries and those that have suffered a Stroke. Every member of the Helping Hands team is here to ensure we enable our customers to enjoy the quality of life they deserve in the comfort of their own home, irrespective of their personal or medical needs.		enquiries@helpinghands.co.uk	01727 701715
Care	**New Shepherd Care**	Countywide	Personal Care, Companionship, Housekeeping & Homehelp. Monitor all care providede in real time via mobile App or computer. Personal outcome orientated care. 24-7		info@newsheherdcare.co.uk	01923 438935 07460 341691
Care	**Visiting Angels**	South Herts	Companionship & Social Care Personal Care Dementia & Alzheimer's care Post Hospital stay care End of life care Live-in-care	www.visiting-angels.co.uk/southherts	southherts@visiting-angels.co.uk	01707 585888

Gardening	**Dan's Gardens**	Dacorum	Has carried out work for HCNS clients or Age UK clients in the past, £20 phr NB: HCNS staff cannot recommend any paid for services or Tradespeople. HCNS cannot guarantee rates will remain the same and have no information regarding working practices or reliability.			07395 129 422
Gardening	**Earthworks**	St Albans	Our pilot project, Earthworks on Wheels, empowers Earthworkers to travel into the community to use the skills learned at Earthworks to care for the gardens of vulnerable people	http://www.earthworksstalbans.co.uk/		01727 847311
Gardening	**Extra Help**	Countywide	Our aim is to provide a professional, high-quality, friendly, efficient and affordable domestic and home help service	https://www.extra-help.co.uk/	See website for local office details	See website for local office details
Gardening	**Getting Rooted**	Stevenage/North Herts	Allotment gardening in Hitchin. Currently running free volunteer work sessions			07717 215242
Cleaning/Home Support	**Time For You Cleaning**	St Albans	Time For You provides properly screened and vetted self-employed, part-time casual domestic cleaners to private households. The tasks performed would typically include normal household cleaning duties such as vacuuming, dusting, washing down paintwork, cleaning toilets and bathrooms (and depending on franchise areas) ironing. Affordable Police Checked* Domestic Cleaners in St Albans, Hertford, Ware, Harpenden, Welwyn Garden City & the surrounding areas	https://timeforyou.cleaning/uk/home-cleaning/st-albans/		01727 789439

Cleaning/Home Support	**Time For You Cleaning**	Stort & ULV	Time For You provides properly screened and vetted self-employed, part-time casual domestic cleaners to private households. The tasks performed would typically include normal household cleaning duties such as vacuuming, dusting, washing down paintwork, cleaning toilets and bathrooms (and depending on franchise areas) ironing. Affordable Police Checked* Domestic Cleaners in St Albans, Hertford, Ware, Harpenden, Welwyn Garden City & the surrounding areas	https://timeforyou.cleaning/uk/home-cleaning/st-albans/		01727 789439
Cleaning/Home Support	**Time For You Cleaning**	WelHat & LLV	Time For You provides properly screened and vetted self-employed, part-time casual domestic cleaners to private households. The tasks performed would typically include normal household cleaning duties such as vacuuming, dusting, washing down paintwork, cleaning toilets and bathrooms (and depending on franchise areas) ironing. Affordable Police Checked* Domestic Cleaners in St Albans, Hertford, Ware, Harpenden, Welwyn Garden City & the surrounding areas	https://timeforyou.cleaning/uk/home-cleaning/st-albans/		01727 789439
Chiropody	**A2Z Footcare**	Dacorum	mobile service: does home visits. Senior practitioner, Rakhee Shah			07973 827755
Chiropody	**Wendy Haysman**	Dacorum	Will include cutting fingernails as well as cutting toenails, home visit £25. (updated Oct 2016) Home visits in HH, Berkhamsted, Tring and out as far as Wigginton. Also has clinic in Watford.			01442 218139, 07833 113894
Chiropody	**Wendy Haysman**	W3R	Will include cutting fingernails as well as cutting toenails, home visit £25. (updated Oct 2016) Home visits in HH, Berkhamsted, Tring and out as far as Wigginton. Also has clinic in Watford.			01442 218139, 07833 113894

Chiropody	**Gill Crayford Venn**	Dacorum	Tring/Wendover area. Foot health professional can do home visits, costs depend on requirements and if there is more than one client, minimum £25. Goes to Pond Close every 7 weeks, can do reduced rates for group situations.			Contacts: 01296 322082, 07917 165881
Chiropody	**Delphine Foot Health Practitioner**	W3R	General foot care, Nail trimming, thick nail reduction, ingowring nails, corn remover, fungal nail infection. Does home visits.			07986 704457
Chiropody	**Nascot Podiatry**	W3R	Also does home vists.			01923 255632
Gardening	**Graham Kempson**	Dacorum	handyman gardener – Hemel area, £19 per hour, availability from the end of September. NB: HCNS staff cannot recommend any paid for services or Tradespeople. HCNS cannot guarantee rates will remain the same and have no information regarding working practices or reliability.			07973 800 463
Gardening	**Green Edge Gardens**	St Albans	Green Edge Gardens is a leading landscaping, gardening and grounds maintenance business. Our team of professional gardeners and landscapers serve customers across St Albans, Harpenden and surrounding areas of Hertfordshire. NB: HCNS staff cannot recommend any paid for services or Tradespeople. HCNS cannot guarantee rates will remain the same and have no information regarding working practices or reliability.	https://www.greenedgegardens.co.uk/		Contact Paul on 07908 993 549
Gardening	**Groundwork - Green Aiders**	Countywide	The Green Aiders programme helps older, disabled, or vulnerable adults take control of their overgrown gardens through a one-off gardening service.	https://www.groundwork.org.uk/projects/green-aiders-free-garden-rescue/	hertfordshire@groundwork.org.uk	01707 260129
Gardening	**Growing People**	Stevenage/North Herts	Social and therapeutic horticulture for wellbeing	http://www.growing-people.org.uk/	enquiries@growing-people.org.uk	07794 347283

Grants	**The Ware Charities**	Stort & ULV	Grants for essential items are available for people in need who live in the area of Ware Town Council, the Parish of Wareside and the parish of Thundridge towards items or services. The charity also gives grants to help children and young people with their education or training		treasurerwarecharities@gmail.com	01920 487883
Mental Health/Counselling	**Letchworth Centre for Healthy Living**	Stevenage/North Herts	(HITCHIN & WHITWELL PCN ONLY) Health & Wellbeing Coaching	www.letchworthcentre.org	thecoachingservice@letchworthcentre	01462 678804
Clubs	**Beaumont Centre for Over 60's**	WelHat & LLV	Variety of activities for over 60s			01992 633241
Mental Health/Counselling	**Letchworth Centre for Healthy Living**	Stevenage/North Herts	The Centre is about health promotion and illness prevention; about empowering people of all ages and backgrounds with tools and techniques to enable them to take responsibility for their own health.	www.letchworthcentre.org	Rebeccaskeel@letchworthcentre.org	01462 678804
Exercise	**DEMAND**	Countywide	We're here to help people with disabilities improve their lived experience both day to day and by being able to access more life enriching opportunities. Can provide advice and support regarding equipment. We also help people to access and enjoy sport and leisure activities	https://www.demand.org.uk/		01923 681800
Befriending/Social Isolation	**Green Connections CIC**	W3R	Breath of Fresh Air Programme - Our 3 month programs offer a mix of outdoor and zoom sessions (supplemented by postal activity boxes). Unlike other socially prescribed projects, our sessions are designed and led by an occupational therapist with consideration to individual needs and abilities	www.greenconnections.co.uk	michelle@greenconnections.co.uk	07931 084159

Befriending/Social Isolation	**Green Connections CIC**	Hertsmere	Breath of Fresh Air Programme - Our 3 month programs offer a mix of outdoor and zoom sessions (supplemented by postal activity boxes). Unlike other socially prescribed projects, our sessions are designed and led by an occupational therapist with consideration to individual needs and abilities	www.greenconnections.co.uk	michelle@greenconnections.co.uk	07931 084159
Gardening	**Handyman & Gardening Services**	Dacorum	Available for all gardening and DIY work whether inside or outside including: Path clearing, Hedge cutting,Tree pruning, Grass cutting, Shed and fencing painting Garden and household repairs NB: HCNS staff cannot recommend any paid for services or Tradespeople. HCNS cannot guarantee rates will remain the same and have no information regarding working practices or reliability.		mike@handymanservices.me	Please contact: Mike on 07527 924197
Handyperson, Repairs & Tradespeople	**JRS Property Maintenance Limited**	WelHat & LLV	Gardening/Handyman			Matt Summers 07706 786567
Transport	**A Helping Hand**	WelHat & LLV	Hospital Appointments, Shopping, Transport, Personal Support. Reasonable rates.			Lyn Hipgrave 07856 357135

Advice	**Carers In Herts**	Countywide	Carers in Herts are piloting a new service called STEP BY STEP. This is a countywide opportunity – 1 year pilot. It will involve six home or community visits, face to face with individual caseworker and based on achieving a maximum of three goals. It is short-term goal based, face to face casework on a 1-2-1 basis with additional input from a range of in-house service support e.g. advocacy; admiral nurses; carers development & learning if required. The aim is to build confidence and gain/regain new skills to encourage carers to re-engage or become involved in everyday community activities.		carersinhertfordshire@nhs.net	01992 58 69 69
Dementia	**Carers In Herts**	Countywide	Carers in Herts are piloting a new service called STEP BY STEP. This is a countywide opportunity – 1 year pilot. It will involve six home or community visits, face to face with individual caseworker and based on achieving a maximum of three goals. It is short-term goal based, face to face casework on a 1-2-1 basis with additional input from a range of in-house service support e.g. advocacy; admiral nurses; carers development & learning if required. The aim is to build confidence and gain/regain new skills to encourage carers to re-engage or become involved in everyday community activities.		carersinhertfordshire@nhs.net	01992 58 69 69

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Learning & Development	**Carers In Herts**	Countywide	Carers in Herts are piloting a new service called STEP BY STEP. This is a countywide opportunity – 1 year pilot. It will involve six home or community visits, face to face with individual caseworker and based on achieving a maximum of three goals. It is short-term goal based, face to face casework on a 1-2-1 basis with additional input from a range of in-house service support e.g. advocacy; admiral nurses; carers development & learning if required. The aim is to build confidence and gain/regain new skills to encourage carers to re-engage or become involved in everyday community activities.		carersinhertfordshire@nhs.net	01992 58 69 69

Befriending/Social Isolation	**Carers In Herts**	Countywide	Carers in Herts are piloting a new service called STEP BY STEP. This is a countywide opportunity – 1 year pilot. It will involve six home or community visits, face to face with individual caseworker and based on achieving a maximum of three goals. It is short-term goal based, face to face casework on a 1-2-1 basis with additional input from a range of in-house service support e.g. advocacy; admiral nurses; carers development & learning if required. The aim is to build confidence and gain/regain new skills to encourage carers to re-engage or become involved in everyday community activities.		carersinhertfordshire@nhs.net	01992 58 69 69
Befriending/Social Isolation	**Local Social**	Stort & ULV	Local Social aims to improve the quality of life for people in East Hertfordshire who feel alone and isolated, for whatever reason	https://local-social.org.uk/	info@local-social.org.uk	07399 193156
Advice	**Groundwork - Green Doctor**	Countywide	Free independent advice as well as energy saving measures available to help you save on your utility bills	www.groundwork.org.uk/cadent-foundation-green-doctor	greendoctoreast@groundwork.org.uk	07702 941440
Benefits, Finance & Debt	**Groundwork - Green Doctor**	Countywide	Free independent advice as well as energy saving measures available to help you save on your utility bills	www.groundwork.org.uk/cadent-foundation-green-doctor	greendoctoreast@groundwork.org.uk	07702 941440
Addiction	**Healthy Hub Broxbourne**	WelHat & LLV	Service to help people get healthier. Help with weight loss, alcohol, smoking, anxiety, isolation & being more active		healthyhub@broxbourne.gov.uk	
Mental Health/Counselling	**Healthy Hub Broxbourne**	WelHat & LLV	Service to help people get healthier. Help with weight loss, alcohol, smoking, anxiety, isolation & being more active		healthyhub@broxbourne.gov.uk	
Befriending/Social Isolation	**Healthy Hub Broxbourne**	WelHat & LLV	Service to help people get healthier. Help with weight loss, alcohol, smoking, anxiety, isolation & being more active		healthyhub@broxbourne.gov.uk	

Grants	**Turn2Us**	Countywide	Provides advice on benefits as well as a benefits calculator. Also provides its own grants and a search for other grants	https://www.turn2us.org.uk	info@turn2us.org.uk	0808 802 2000
Grants	**Christians Against Poverty**	Countywide	Debt counselling and community groups	https://capuk.org/	info@capuk.org	0800 328 0006
PA Services	**Fast 24**	Stort & ULV	Whether you need someone to give you practical support or help you deal with stress, our experts are always willing to help. At Fast 24, we have a team of expert caregivers who specialise in adult care	http://www.fast24.org.uk/	info@fast24.org.uk	07985 187 781
PA Services	**A Perfect PA**	St Albans	We can provide a variety of services to suit your requirements. These might include: Companionship, Cleaning/Home Support, Grocery Shopping, Accompany to Appointments, Appointment Making, Prescription Collection, Days Out, Introduction to the Community – Day Centres / Social Events, Assistance with Paperwork, Assistance with Social Services, Fetching & Carrying, Pet Walking, Daily Living Skills – Use of Money / Travel Training, Office PA – Paperwork / Telephone Service	https://www.aperfectpa.co.uk/	info@aperfectpa.co.uk	01895 717805
PA Services	**New Shepherd Care**	Countywide	Personal Care, Companionship, Housekeeping & Homehelp. Monitor all care provided in real time via mobile App or computer. Personal outcome orientated care. 24-7		info@newsheherdcare.co.uk	01923 438935 07460 341691
Mental Health/Counselling	**ViewPoint**	Countywide	We're a charity that supports people who have a background in mental health as well as addiction challenges. By encouraging and inviting them to have their say, their feedback can go towards greatly improving mental health and addiction services	https://www.hertsviewpoint.co.uk/	info@hertsviewpoint.co.uk	+44 (0)1707 386136

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Bereavement	**Anne Robson Trust**	Countywide	We know that facing the end of life can leave you feeling isolated and alone. Our trained helpline volunteers are here to listen to you and support you.	https://annerobsontrust.org.uk/helpline-service/		0808 801 0688
Gardening	**Handyman & Gardening Services**	St Albans	Available for all gardening and DIY work whether inside or outside including: Path clearing, Hedge cutting,Tree pruning, Grass cutting, Shed and fencing painting Garden and household repairs NB: HCNS staff cannot recommend any paid for services or Tradespeople. HCNS cannot guarantee rates will remain the same and have no information regarding working practices or reliability.		mike@handymanservices.me	Please contact: Mike on 07527 924197
Handyperson, Repairs & Tradespeople	**Communities 1st**	Hertsmere	Communities 1st run a Handyperson service that undertakes small scale jobs for residents of Hertsmere who are 60 or over, disabled, a victim of crime, at high risk of falling or who are vulnerable in other ways.	https://www.communities1st.org.uk/node/151	handy@communities1st.org.uk/	020 3559 3559
Clubs	**Bedwell Social Club**	Stevenage/North Herts	Companionship, chat, Handicrafts. Transport provided. Lunch available			01438 314839 Sheila
Befriending/Social Isolation	**PHAB**	Stevenage/North Herts	Phab inspires and supports disabled and non-disabled children, young people and adults to make more of life together - breaking down community barriers, reducing social isolation, and creating opportunities for all involved to enjoy the same activities and challenges side by side.	https://www.phab.org.uk/about-us-what-we-do	info@phab.org.uk	020 8667 9443

Long Term Conditions	**PHAB**	Stevenage/North Herts	Phab inspires and supports disabled and non-disabled children, young people and adults to make more of life together - breaking down community barriers, reducing social isolation, and creating opportunities for all involved to enjoy the same activities and challenges side by side.	https://www.phab.org.uk/about-us-what-we-do	info@phab.org.uk	020 8667 9443
Clubs	**Bingo Club**	Stevenage/North Herts	Timebridge Community Centre			01438 355458
Befriending/Social Isolation	**PHAB**	W3R	Phab inspires and supports disabled and non-disabled children, young people and adults to make more of life together - breaking down community barriers, reducing social isolation, and creating opportunities for all involved to enjoy the same activities and challenges side by side.	https://www.phab.org.uk/about-us-what-we-do	info@phab.org.uk	020 8667 9443
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Clubs	**Bovingdon Lunch Club**	Dacorum	for village residents that are over 60: is reopening Fridays in the new location of St Lawrences Church hall. From 11.30-13.30. Transport can be arranged! Costs are £6.00 for 2 course meal (including tea/coffee before and after)			Contact Sue Miller 01442 832569 to book a place.
Befriending/Social Isolation	**PHAB**	St Albans	Phab inspires and supports disabled and non-disabled children, young people and adults to make more of life together - breaking down community barriers, reducing social isolation, and creating opportunities for all involved to enjoy the same activities and challenges side by side.	https://www.phab.org.uk/about-us-what-we-do	info@phab.org.uk	020 8667 9443

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Advice	**GATE Herts**	Countywide	We are a Gypsy, Roma and Traveller communities development organisation. We are Gypsy, Roma and Traveller led. We work towards our communities becoming fully accepted participants in mainstream society while still retaining their distinct culture and heritage.	https://gateherts.org.uk/	info@gateherts.org.uk	01920 444 327
Learning & Development	**GATE Herts**	Countywide	We are a Gypsy, Roma and Traveller communities development organisation. We are Gypsy, Roma and Traveller led. We work towards our communities becoming fully accepted participants in mainstream society while still retaining their distinct culture and heritage.	https://gateherts.org.uk/	info@gateherts.org.uk	01920 444 327
Employment	**GATE Herts**	Countywide	We are a Gypsy, Roma and Traveller communities development organisation. We are Gypsy, Roma and Traveller led. We work towards our communities becoming fully accepted participants in mainstream society while still retaining their distinct culture and heritage.	https://gateherts.org.uk/	info@gateherts.org.uk	01920 444 327
Employment	**Building Better Opportunities (BBO) Employment Support Programme**	Countywide	The Building Better Opportunities programme helps you gain employment and skills mentoring support. If you're currently unemployed, get help at your nearest Building Better Opportunities hub.	www.step2skills.org.uk/BBO		01992 588576

Children/Families	**No More Service (Youth)**	Countywide	The No More Service offers complex needs support to individuals to tackle issues which negatviely impact on their daily life. The service comprises of 2 key support areas - Youth offenders support & Drug & Alcohol support	https://www.stevenage.gov.uk/town-and-community/community-safety/the-no-more-service		nomore@stevenage.gov.uk
Addiction	**No More Service (Youth)**	Countywide	The No More Service offers complex needs support to individuals to tackle issues which negatviely impact on their daily life. The service comprises of 2 key support areas - Youth offenders support & Drug & Alcohol support	https://www.stevenage.gov.uk/town-and-community/community-safety/the-no-more-service		nomore@stevenage.gov.uk
Learning & Development	**Springboard (North Herts College)**	Countywide	Springboard is for you if you're aged 16-24 and hav	https://www.nhc.ac.uk/study/16-18-learners/springboard/	MWindsor@nhc.ac.uk or MKucper@nh	01462 424242
Mental Health/Counselling	**Kooth**	Countywide	Kooth PLC is a digital mental health and wellbeing	https://www.kooth.com/		
Mental Health/Counselling	**Shout 85258**	Countywide	Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope	https://giveusashout.org/about-us/about-shout/		Text 85258
Mental Health/Counselling	**The Mix**	Countywide	The Mix is the UK's leading support service for young people. We are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via our online community, on social, through our free, confidential helpline or our counselling service	https://www.themix.org.uk/		0808 808 4994
Children/Families	**The Mix**	Countywide	The Mix is the UK's leading support service for young people. We are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via our online community, on social, through our free, confidential helpline or our counselling service	https://www.themix.org.uk/		0808 808 4994

Benefits, Finance & Debt	**The Mix**	Countywide	The Mix is the UK's leading support service for young people. We are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via our online community, on social, through our free, confidential helpline or our counselling service	https://www.themix.org.uk/		0808 808 4994
Housing/Homelessness	**The Mix**	Countywide	The Mix is the UK's leading support service for young people. We are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via our online community, on social, through our free, confidential helpline or our counselling service	https://www.themix.org.uk/		0808 808 4994
Employment	**The Mix**	Countywide	The Mix is the UK's leading support service for young people. We are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via our online community, on social, through our free, confidential helpline or our counselling service	https://www.themix.org.uk/		0808 808 4994
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Children/Families	**Youth Booth**	Dacorum	Youth Services across Dacorum	https://www.theyouthbooth.com/	toni@theyouthbooth.com	07547 547301

Children/Families	**Vinspired**	Countywide	vinspired.com is the UK's only online platform dedicated to connecting young volunteers with the causes they care about, helping them build skills, networks and confidence.	https://vinspired.com/		
Volunteering	**Vinspired**	Countywide	vinspired.com is the UK's only online platform dedicated to connecting young volunteers with the causes they care about, helping them build skills, networks and confidence.	https://vinspired.com/		
Learning & Development	**Ascend**	W3R	(South Oxhey) For 25 years, ASCEND has been tackling unemployment, social deprivation and learning disabilities in the local community.	https://www.ascend.org.uk/		0208 420 1364/ 0208 428 6725 (Step Up)
IT Support	**Ascend**	W3R	(South Oxhey) For 25 years, ASCEND has been tackling unemployment, social deprivation and learning disabilities in the local community.	https://www.ascend.org.uk/		0208 420 1364/ 0208 428 6725 (Step Up)
Employment	**Ascend**	W3R	(South Oxhey) For 25 years, ASCEND has been tackling unemployment, social deprivation and learning disabilities in the local community.	https://www.ascend.org.uk/		0208 420 1364/ 0208 428 6725 (Step Up)
Mental Health/Counselling	**Ascend**	W3R	(South Oxhey) For 25 years, ASCEND has been tackling unemployment, social deprivation and learning disabilities in the local community.	https://www.ascend.org.uk/		0208 420 1364/ 0208 428 6725 (Step Up)
Befriending/Social Isolation	**Ascend**	W3R	(South Oxhey) For 25 years, ASCEND has been tackling unemployment, social deprivation and learning disabilities in the local community.	https://www.ascend.org.uk/		0208 420 1364/ 0208 428 6725 (Step Up)
Learning Disabilities	**Hertfordshire GRID**	Countywide	Hertfordshire-wide partnership approach where parents, carers, staff in early years settings and schools, further education colleges, local authority officers and representatives from other agencies, work together as part of an Area Group, to ensure that there is a range of provision and support services available in their local community	https://thegrid.org.uk/send-and-additional-needs		

Employment	**Work Solutions**	Countywide	Supported Employment helps people with learning, physical or sensory disabilities or autism find and stay in work	https://www.hertfordshire.gov.uk/services/adult-social-services/money-and-benefits-advice/work-solutions-help-finding-a-job/supported-employment.aspx#DynamicJumpMenuManager_2_Anchor_6	Email depends on location - please use	Phone number depends on location - please use postcode search on website
Learning Disabilities	**I Support Behaviour**	W3R	Better lives for autistic people and people with a learning disability	https://isupportbehaviour.com/	info@isupportbehaviour.com	01923 693 741
Long Term Conditions	**Work Solutions**	Countywide	Supported Employment helps people with learning, physical or sensory disabilities or autism find and stay in work	https://www.hertfordshire.gov.uk/services/adult-social-services/money-and-benefits-advice/work-solutions-help-finding-a-job/supported-employment.aspx#DynamicJumpMenuManager_2_Anchor_6	Email depends on location - please use	Phone number depends on location - please use postcode search on website
Hearing Loss/Hearing	**Work Solutions**	Countywide	Supported Employment helps people with learning, physical or sensory disabilities or autism find and stay in work	https://www.hertfordshire.gov.uk/services/adult-social-services/money-and-benefits-advice/work-solutions-help-finding-a-job/supported-employment.aspx#DynamicJumpMenuManager_2_Anchor_6	Email depends on location - please use	Phone number depends on location - please use postcode search on website
Sight Loss/Vision	**RNIB**	Countywide	Practical and emotional support for people affected by sight loss	www.rnib.org.uk	helpline@rnib.org.uk	0303 123 9999
Employment	**Access to Work**	Countywide	If the help you need at work is not covered by your employer making reasonable adjustments, you may be able to get help from Access to Work. You'll be offered support based on your needs, which may include a grant to help cover the costs of practical support in the workplace	https://www.gov.uk/access-to-work		0800 121 7479
Long Term Conditions	**Access to Work**	Countywide	If the help you need at work is not covered by your employer making reasonable adjustments, you may be able to get help from Access to Work. You'll be offered support based on your needs, which may include a grant to help cover the costs of practical support in the workplace	https://www.gov.uk/access-to-work		0800 121 7479

Learning Disabilities	**Inspiring Progress CIC**	W3R	Inspiring Progress CIC is a Watford based community interest company that aims to improve the well - being of people on the autism spectrum through social communication skills	http://www.inspiringprogress.org.uk/		07717 844966
Hearing Loss/Hearing	**Access to Work**	Countywide	If the help you need at work is not covered by your employer making reasonable adjustments, you may be able to get help from Access to Work. You'll be offered support based on your needs, which may include a grant to help cover the costs of practical support in the workplace	https://www.gov.uk/access-to-work		0800 121 7479
Sight Loss/Vision	**Sight Life**	WelHat & LLV	Social Club for young people, 18 and overs. Quiz, talk session, entertainment, tea and cake. Every other Wednesday morning 10.00am-12.00pm at The Woodside Centre, The Commons, Welwyn Garden City, Hertfordshire, AL7 4SE.		sightlife@hotmail.co.uk	07825 992950
Employment	**Charity Jobs**	Countywide	Search for jobs or volunteering opportunities in your area	https://www.charityjob.co.uk/volunteer-jobs		
Volunteering	**Charity Jobs**	Countywide	Search for jobs or volunteering opportunities in your area	https://www.charityjob.co.uk/volunteer-jobs		
Volunteering	**DO IT**	Countywide	Search for volunteering opportunites in your area	https://doit.life/	hello@doit.life	
Learning Disabilities	**IPSEA**	Countywide	Free and independent legally based information, advice and support to help get the right education for children and young people with all kinds of special educational needs and disabilities (SEND).	https://www.ipsea.org.uk/advice-line		0800 018 4016
Volunteering	**Earthworks**	St Albans	We support people with learning disabilities - known as our **Earthworkers** – alongside our wonderful volunteers to manage 3.5 acres of beautiful eco-gardens in St Albans	http://www.earthworksstalbans.co.uk/		01727 847311

Volunteering	**Connecting Conversations**	Countywide	The aim is to encourage sharing and using the lived experience of loneliness and isolation to offer support to others and to help improve services to tackle loneliness in Hertfordshire,	https://www.ascend.org.uk/our-services/connecting-conversations/	Sjessop@ascend.org.uk / jwilburn@asc	07701 007 127/ 07415 003 178
Befriending/Social Isolation	**Connecting Conversations**	Countywide	The aim is to encourage sharing and using the lived experience of loneliness and isolation to offer support to others and to help improve services to tackle loneliness in Hertfordshire,	https://www.ascend.org.uk/our-services/connecting-conversations/	Sjessop@ascend.org.uk / jwilburn@asc	07701 007 127/ 07415 003 178
Volunteering	**Hertfordshire Mind**	Stevenage/North Herts	Volunteer opportunities within Mind	https://www.hertsmindnetwork.org/join-us/volunteer-with-us/	info@hertfordshiremind.org	02037 273600
Volunteering	**Hertfordshire Mind**	Stort & ULV	Volunteer opportunities within Mind	https://www.hertsmindnetwork.org/join-us/volunteer-with-us/	info@hertfordshiremind.org	02037 273600
Volunteering	**Hertfordshire Mind**	WelHat & LLV	Volunteer opportunities within Mind	https://www.hertsmindnetwork.org/join-us/volunteer-with-us/	info@hertfordshiremind.org	02037 273600
Volunteering	**Hertfordshire Mind**	W3R	Volunteer opportunities within Mind	https://www.hertsmindnetwork.org/join-us/volunteer-with-us/	info@hertfordshiremind.org	02037 273600
Volunteering	**Hertfordshire Mind**	Dacorum	Volunteer opportunities within Mind	https://www.hertsmindnetwork.org/join-us/volunteer-with-us/	info@hertfordshiremind.org	02037 273600
Volunteering	**Hertfordshire Mind**	Hertsmere	Volunteer opportunities within Mind	https://www.hertsmindnetwork.org/join-us/volunteer-with-us/	info@hertfordshiremind.org	02037 273600
Clubs	**Bushey Action on Diability Group**	W3R	We are a social club that meets regularly for company and social activities. We welcome local residents who are suffering from some physical disability		jack@debnam.net	07771 766222
Dementia	**Open Door Berkhamsted**	Dacorum	Open Door runs a memory cafe for people with dementia and Alzheimers (and a family member/carer) - an opportunity to take part in crafts and games	https://www.opendoorberkhamsted.co.uk/	info@opendoorberkhamstead.co.uk	01442 768120
Volunteering	**Radio Dacorum**	Dacorum	Volunteering opportunities within Radio Dacorum	https://www.radiodacorum.org.uk/volunteering	admin@radiodacorum.org.uk	

Volunteering	**Sunnyside Rural Trust**	Dacorum	Sunnyside Rural Trust was founded in 1990 as a small, horticultural project for young people and adults with learning disabilities. It is now a thriving charity and social enterprise, offering training and work experience for over 130 vulnerable people in the local community.	https://www.sunnysideruraltrust.org.uk/	Email depends on location - please use	Phone number depends on location - please use postcode search on website
Learning Disabilities	**Jackies Drop In**	Stevenage/North Herts	Drop-in centre for adults with disabilities 18+	https://www.jackiesdropin.org.uk/	centre@jackiesdropin.org.uk	01462 338752
Volunteering	**Cecil Horse Sanctuary**	Hertsmere	Volunteer opportunities at the stables	https://www.cecilshorsesanctuary.org/volunteering		
IT Support	**Make It Click**	Countywide	IT taster sessions and Make It Click digital skills support	https://www.hertfordshire.gov.uk/services/libraries-and-archives/other-library-services/it-taster-sessions/it-taster-sessions.aspx		
Volunteering	**Communities 1st**	Countywide	Volunteering Opportunities with Communities 1st	https://www.communities1st.org.uk/volunteer-information	volunteer@communities1st.org.uk	020 3940 4865
Volunteering	**St Albans Lions Club**	St Albans	Volunteering opportunities in the local community	https://stalbanslionsclub.com/		0345 8335 785
Employment	**Watford Workshop**	W3R	Watford Workshop is proud to have been providing supported employment, work and life skills training to adults with disabilities since 1964	https://watfordworkshop.co.uk/	enquiries@watfordworkshop.co.uk	01923 220 256
Learning Disabilities	**Mencap**	Countywide	We are a community of mencap societies providing a voice for people with a learning disability who live in Hertfordshire.	http://hertsmencap.info/welcome.html	info@hertsmencap.info	
Long Term Conditions	**Watford Workshop**	W3R	Watford Workshop is proud to have been providing supported employment, work and life skills training to adults with disabilities since 1964	https://watfordworkshop.co.uk/	enquiries@watfordworkshop.co.uk	01923 220 256

Victim Support	**Beacon Herts Victim Support**	Countywide	Beacon is Hertfordshire's Victim Care Centre and is staffed by professionals from both Hertfordshire Constabulary and Catch 22, an independent organisation commissioned to support victims of crime in Hertfordshire. At Beacon, our primary focus is to help you cope and recover from your ordeal. Our team of dedicated and trained professionals will support you every step of the way.	https://hertfordshirebeacon.org/	info@hertfordshirebeacon.org	03000 11 55 55
Children/Families	**SupportLine**	Countywide	SupportLine provides a confidential telephone helpline offering emotional support to any individual on any issue. The Helpline is primarily a preventative service and aims to support people before they reach the point of crisis. It is particularly aimed at those who are socially isolated, vulnerable, at risk groups and victims of any form of abuse.	https://www.supportline.org.uk/	info@supportline.org.uk	01708 765200
Victim Support	**SupportLine**	Countywide	SupportLine provides a confidential telephone helpline offering emotional support to any individual on any issue. The Helpline is primarily a preventative service and aims to support people before they reach the point of crisis. It is particularly aimed at those who are socially isolated, vulnerable, at risk groups and victims of any form of abuse.	https://www.supportline.org.uk/	info@supportline.org.uk	01708 765200
Mental Health/Counselling	**SupportLine**	Countywide	SupportLine provides a confidential telephone helpline offering emotional support to any individual on any issue. The Helpline is primarily a preventative service and aims to support people before they reach the point of crisis. It is particularly aimed at those who are socially isolated, vulnerable, at risk groups and victims of any form of abuse.	https://www.supportline.org.uk/	info@supportline.org.uk	01708 765200

Domestic Violence	**SupportLine**	Countywide	SupportLine provides a confidential telephone helpline offering emotional support to any individual on any issue. The Helpline is primarily a preventative service and aims to support people before they reach the point of crisis. It is particularly aimed at those who are socially isolated, vulnerable, at risk groups and victims of any form of abuse.	https://www.supportline.org.uk/	info@supportline.org.uk	01708 765200
Benefits, Finance & Debt	**SupportLine**	Countywide	SupportLine provides a confidential telephone helpline offering emotional support to any individual on any issue. The Helpline is primarily a preventative service and aims to support people before they reach the point of crisis. It is particularly aimed at those who are socially isolated, vulnerable, at risk groups and victims of any form of abuse.	https://www.supportline.org.uk/	info@supportline.org.uk	01708 765200
Addiction	**SupportLine**	Countywide	SupportLine provides a confidential telephone helpline offering emotional support to any individual on any issue. The Helpline is primarily a preventative service and aims to support people before they reach the point of crisis. It is particularly aimed at those who are socially isolated, vulnerable, at risk groups and victims of any form of abuse.	https://www.supportline.org.uk/	info@supportline.org.uk	01708 765200
Learning Disabilities	**Mudlarks**	Stort & ULV	Supports adults with learning disabilities	https://mudlarksgarden.org.uk/		01992 537080

Long Term Conditions	**SupportLine**	Countywide	SupportLine provides a confidential telephone helpline offering emotional support to any individual on any issue. The Helpline is primarily a preventative service and aims to support people before they reach the point of crisis. It is particularly aimed at those who are socially isolated, vulnerable, at risk groups and victims of any form of abuse.	https://www.supportline.org.uk/	info@supportline.org.uk	01708 765200
Housing/Homelessness	**SupportLine**	Countywide	SupportLine provides a confidential telephone helpline offering emotional support to any individual on any issue. The Helpline is primarily a preventative service and aims to support people before they reach the point of crisis. It is particularly aimed at those who are socially isolated, vulnerable, at risk groups and victims of any form of abuse.	https://www.supportline.org.uk/	info@supportline.org.uk	01708 765200
Care	**Royal British Legion**	Countywide	The Legion is here to help members of the Royal Navy, British Army, Royal Air Force, veterans and their families.	https://www.britishlegion.org.uk/	info@britishlegion.org.uk	Call us on 0808 802 8080. Lines are open from 8am-8pm every day.
Carers	**Royal British Legion**	Countywide	The Legion is here to help members of the Royal Navy, British Army, Royal Air Force, veterans and their families.	https://www.britishlegion.org.uk/	info@britishlegion.org.uk	Call us on 0808 802 8080. Lines are open from 8am-8pm every day.
Alarms	**Royal British Legion**	Countywide	The Legion is here to help members of the Royal Navy, British Army, Royal Air Force, veterans and their families.	https://www.britishlegion.org.uk/	info@britishlegion.org.uk	Call us on 0808 802 8080. Lines are open from 8am-8pm every day.
Grants	**Royal British Legion**	Countywide	The Legion is here to help members of the Royal Navy, British Army, Royal Air Force, veterans and their families.	https://www.britishlegion.org.uk/	info@britishlegion.org.uk	Call us on 0808 802 8080. Lines are open from 8am-8pm every day.

Rehab	**Royal British Legion**	Countywide	The Legion is here to help members of the Royal Navy, British Army, Royal Air Force, veterans and their families.	https://www.britishlegion.org.uk/	info@britishlegion.org.uk	Call us on 0808 802 8080. Lines are open from 8am-8pm every day.
Clubs	**Cafe at St James Church**	Stort & ULV	St Barnabas Centre - All are welcome			Revd Ruth Atkinson 01279 506753 option 2
Mental Health/Counselling	**Royal British Legion**	Countywide	The Legion is here to help members of the Royal Navy, British Army, Royal Air Force, veterans and their families.	https://www.britishlegion.org.uk/	info@britishlegion.org.uk	Call us on 0808 802 8080. Lines are open from 8am-8pm every day.
Benefits, Finance & Debt	**Royal British Legion**	Countywide	The Legion is here to help members of the Royal Navy, British Army, Royal Air Force, veterans and their families.	https://www.britishlegion.org.uk/	info@britishlegion.org.uk	Call us on 0808 802 8080. Lines are open from 8am-8pm every day.
Employment	**Royal British Legion**	Countywide	The Legion is here to help members of the Royal Navy, British Army, Royal Air Force, veterans and their families.	https://www.britishlegion.org.uk/	info@britishlegion.org.uk	Call us on 0808 802 8080. Lines are open from 8am-8pm every day.
Housing/Homelessness	**Royal British Legion**	Countywide	The Legion is here to help members of the Royal Navy, British Army, Royal Air Force, veterans and their families.	https://www.britishlegion.org.uk/	info@britishlegion.org.uk	Call us on 0808 802 8080. Lines are open from 8am-8pm every day.
IT Support	**Royal British Legion**	Countywide	The Legion is here to help members of the Royal Navy, British Army, Royal Air Force, veterans and their families.	https://www.britishlegion.org.uk/	info@britishlegion.org.uk	Call us on 0808 802 8080. Lines are open from 8am-8pm every day.
Veteran Services	**Armed Forces & Veterans Breakfast Club**	Countywide	Armed Forces and Veterans Breakfast Clubs	https://www.afvbc.net/	Search for clubs available on their webs	Search for clubs available on their website

Veteran Services	**Hertfordshire Heroes**	Countywide	The Armed Forces Covenant is a promise by the nation ensuring that those who serve or who have served in the armed forces, and their families, are treated fairly	https://www.hertfordshireheroes.org/hertfordshire-heroes.aspx	hertfordshire.heroes@hertfordshire.gov.uk
Advice	**Hertfordshire Heroes**	Countywide	The Armed Forces Covenant is a promise by the nation ensuring that those who serve or who have served in the armed forces, and their families, are treated fairly	https://www.hertfordshireheroes.org/hertfordshire-heroes.aspx	hertfordshire.heroes@hertfordshire.gov.uk
Directory	**Hertfordshire Heroes**	Countywide	The Armed Forces Covenant is a promise by the nation ensuring that those who serve or who have served in the armed forces, and their families, are treated fairly	https://www.hertfordshireheroes.org/hertfordshire-heroes.aspx	hertfordshire.heroes@hertfordshire.gov.uk
Housing/Homelessness	**Hertfordshire Heroes**	Countywide	The Armed Forces Covenant is a promise by the nation ensuring that those who serve or who have served in the armed forces, and their families, are treated fairly	https://www.hertfordshireheroes.org/hertfordshire-heroes.aspx	hertfordshire.heroes@hertfordshire.gov.uk
Learning & Development	**Hertfordshire Heroes**	Countywide	The Armed Forces Covenant is a promise by the nation ensuring that those who serve or who have served in the armed forces, and their families, are treated fairly	https://www.hertfordshireheroes.org/hertfordshire-heroes.aspx	hertfordshire.heroes@hertfordshire.gov.uk
Employment	**Hertfordshire Heroes**	Countywide	The Armed Forces Covenant is a promise by the nation ensuring that those who serve or who have served in the armed forces, and their families, are treated fairly	https://www.hertfordshireheroes.org/hertfordshire-heroes.aspx	hertfordshire.heroes@hertfordshire.gov.uk
Carers	**Hertfordshire Heroes**	Countywide	The Armed Forces Covenant is a promise by the nation ensuring that those who serve or who have served in the armed forces, and their families, are treated fairly	https://www.hertfordshireheroes.org/hertfordshire-heroes.aspx	hertfordshire.heroes@hertfordshire.gov.uk
Grants	**Hertfordshire Heroes**	Countywide	The Armed Forces Covenant is a promise by the nation ensuring that those who serve or who have served in the armed forces, and their families, are treated fairly	https://www.hertfordshireheroes.org/hertfordshire-heroes.aspx	hertfordshire.heroes@hertfordshire.gov.uk

Addiction	**SSAFA**	Countywide	Our support covers both regulars and reserves in the Royal Navy, the Royal Marines, the British Army and the Royal Air Force and their families, including anyone who has completed National Service. They are all entitled to lifelong support from SSAFA, no matter how long they have served.	www.ssafa.org.uk		020 7463 9200
Benefits, Finance & Debt	**SSAFA**	Countywide	Our support covers both regulars and reserves in the Royal Navy, the Royal Marines, the British Army and the Royal Air Force and their families, including anyone who has completed National Service. They are all entitled to lifelong support from SSAFA, no matter how long they have served.	www.ssafa.org.uk		020 7463 9200
Housing/Homelessness	**SSAFA**	Countywide	Our support covers both regulars and reserves in the Royal Navy, the Royal Marines, the British Army and the Royal Air Force and their families, including anyone who has completed National Service. They are all entitled to lifelong support from SSAFA, no matter how long they have served.	www.ssafa.org.uk		020 7463 9200
Mental Health/Counselling	**SSAFA**	Countywide	Our support covers both regulars and reserves in the Royal Navy, the Royal Marines, the British Army and the Royal Air Force and their families, including anyone who has completed National Service. They are all entitled to lifelong support from SSAFA, no matter how long they have served.	www.ssafa.org.uk		020 7463 9200
Long Term Conditions	**SSAFA**	Countywide	Our support covers both regulars and reserves in the Royal Navy, the Royal Marines, the British Army and the Royal Air Force and their families, including anyone who has completed National Service. They are all entitled to lifelong support from SSAFA, no matter how long they have served.	www.ssafa.org.uk		020 7463 9200

Veteran Services	**SSAFA**	Countywide	Our support covers both regulars and reserves in the Royal Navy, the Royal Marines, the British Army and the Royal Air Force and their families, including anyone who has completed National Service. They are all entitled to lifelong support from SSAFA, no matter how long they have served.	www.ssafa.org.uk		020 7463 9200
Volunteering	**SSAFA**	Countywide	Our support covers both regulars and reserves in the Royal Navy, the Royal Marines, the British Army and the Royal Air Force and their families, including anyone who has completed National Service. They are all entitled to lifelong support from SSAFA, no matter how long they have served.	www.ssafa.org.uk	volunteer.experience@ssafa.org.uk	020 7463 9200
Children/Families	**SSAFA**	Countywide	Our support covers both regulars and reserves in the Royal Navy, the Royal Marines, the British Army and the Royal Air Force and their families, including anyone who has completed National Service. They are all entitled to lifelong support from SSAFA, no matter how long they have served.	www.ssafa.org.uk		020 7463 9200
Bereavement	**SSAFA**	Countywide	Our support covers both regulars and reserves in the Royal Navy, the Royal Marines, the British Army and the Royal Air Force and their families, including anyone who has completed National Service. They are all entitled to lifelong support from SSAFA, no matter how long they have served.	www.ssafa.org.uk		020 7463 9200
Carers	**SSAFA**	Countywide	Our support covers both regulars and reserves in the Royal Navy, the Royal Marines, the British Army and the Royal Air Force and their families, including anyone who has completed National Service. They are all entitled to lifelong support from SSAFA, no matter how long they have served.	www.ssafa.org.uk		020 7463 9200

Handyperson, Repairs & Tradespeople	**Christian Moore**	Dacorum	Has carried out work for Age UK employees in the past. NB: HCNS staff cannot recommend any paid for services or Tradespeople. HCNS cannot guaratee rates will remain the same and have no information regarding working practices or reliability.			07940 269143
Handyperson, Repairs & Tradespeople	**Plumbcare Solutions**	West Herts	Has carried out work for HCNS clients or Age UK clients in the past. Unsure of areas covered. NB: HCNS staff cannot recommend any paid for services or Tradespeople. HCNS cannot guaratee rates will remain the same and have no information regarding working practices or reliability.		plumbcaresolutions@hotmail.com	3 Southfields Road, DUNSTABLE, LU6 3EJ Contacts: 07889 817030
Handyperson, Repairs & Tradespeople	**Plumber Pipewench**	Dacorum	Info updated Sept 2018. Hemel area only. Female plumber and heating engineer based in Hemel Hempstead, works only in HH area, up to about 5 miles from 'magic' roundabout. Free estimates and advice charges then if work is required she charges £60 + VAT for first hour, (£40 per hour after that broken down into half hour units). Not gas safe registered. NB: HCNS staff cannot recommend any paid for services or Tradespeople. HCNS cannot guaratee rates will remain the same and have no information regarding working practices or reliability.	http://www.pipewench.co.uk	susanna@pipewench.co.uk	Susanna Hall Contacts: 01442 251228, 07876 211326

Gardening	**Handyman & Gardening Services**	W3R	Available for all gardening and DIY work whether inside or outside including: Path clearing, Hedge cutting,Tree pruning, Grass cutting, Shed and fencing painting Garden and household repairs NB: HCNS staff cannot recommend any paid for services or Tradespeople. HCNS cannot guarantee rates will remain the same and have no information regarding working practices or reliability.		mike@handymanservices.me	Please contact: Mike on 07527 924197
Gardening	**Herts Handyman Squad**	Stort & ULV	Gardening	http://www.herts-handyman-squad.com/	info@herts-handyman-squad.com	01992 550707 - Mon-Fri 8.30am-6pm
Veteran Services	**Ripplepond**	Countywide	The Ripple Pond was set up by two mothers of seriously wounded servicemen who recognised that no similar service existed purely for adult family members, and who found **strength and comfort by sharing and supporting each other** through such a unique challenge.	https://theripplepond.org/	help@theripplepond.org	0333 900 1028
Carers	**Ripplepond**	Countywide	The Ripple Pond was set up by two mothers of seriously wounded servicemen who recognised that no similar service existed purely for adult family members, and who found **strength and comfort by sharing and supporting each other** through such a unique challenge.	https://theripplepond.org/	help@theripplepond.org	0333 900 1028
Advice	**Ripplepond**	Countywide	The Ripple Pond was set up by two mothers of seriously wounded servicemen who recognised that no similar service existed purely for adult family members, and who found **strength and comfort by sharing and supporting each other** through such a unique challenge.	https://theripplepond.org/	help@theripplepond.org	0333 900 1028

Veteran Services	**Veterans Gateway**	Countywide	There is a huge network of organisations supporting the Armed Forces community, so finding the right one for your needs can be tricky. We make it quick and easy by being your first point of contact for whatever support you need, whether you are based in the UK or abroad.	www.veteransgateway.org.uk		0808 802 1212
Directory	**Veterans Gateway**	Countywide	There is a huge network of organisations supporting the Armed Forces community, so finding the right one for your needs can be tricky. We make it quick and easy by being your first point of contact for whatever support you need, whether you are based in the UK or abroad.	www.veteransgateway.org.uk		0808 802 1212
Advice	**Veterans Gateway**	Countywide	There is a huge network of organisations supporting the Armed Forces community, so finding the right one for your needs can be tricky. We make it quick and easy by being your first point of contact for whatever support you need, whether you are based in the UK or abroad.	www.veteransgateway.org.uk		0808 802 1212
Housing/Homelessness	**Veterans Gateway**	Countywide	There is a huge network of organisations supporting the Armed Forces community, so finding the right one for your needs can be tricky. We make it quick and easy by being your first point of contact for whatever support you need, whether you are based in the UK or abroad.	www.veteransgateway.org.uk		0808 802 1212
Employment	**Veterans Gateway**	Countywide	There is a huge network of organisations supporting the Armed Forces community, so finding the right one for your needs can be tricky. We make it quick and easy by being your first point of contact for whatever support you need, whether you are based in the UK or abroad.	www.veteransgateway.org.uk		0808 802 1212

Mental Health/Counselling	**Veterans Gateway**	Countywide	There is a huge network of organisations supporting the Armed Forces community, so finding the right one for your needs can be tricky. We make it quick and easy by being your first point of contact for whatever support you need, whether you are based in the UK or abroad.	www.veteransgateway.org.uk		0808 802 1212
Clubs	**Chatter Table**	Stort & ULV	Spend some time with others whilst enjoying a drink and a cake.	www.eastherts.gov.uk	mekhola.ray@eastherts.gov. uk	Mekhola Ray :01992 5
Transport	**Community Action Dacorum**	Dacorum	Community Cars solves transport problems for less able people in Dacorum. Our team of volunteers use their own cars in their free time to drive passengers to their destinations.	https://www.communityactiondacorum.org/community-transport	ctadmin@communityactiondacorum.o	01442 212888 or 01442 617634
Transport	**Community Action Dacorum**	Dacorum	Community Wheels hires minibuses to groups and organisations such as elderly or disabled groups, youth groups or sport clubs, who are not for profit organisations.	https://www.communityactiondacorum.org/community-transport	deborah@communityactiondacorum.o	Deborah on 01442 21
Transport	**Community Action Dacorum**	Dacorum	Day Trippers - A membership club providing trips for residents who live in Dacorum who are over 50 and may find it difficult to use public transport	https://www.communityactiondacorum.org/community-transport	liz@communityactiondacorum.org.uk	01442 212888
Transport	**Community Action Dacorum**	Dacorum	Door To Store - This service provides older or disabled people who have difficulties in using public transport safe, reliable and accessible transport to a local supermarket.	https://www.communityactiondacorum.org/community-transport	reception@communityactiondacorum.	01442 253935
Learning & Development	**Community Action Dacorum**	Dacorum	Creative Learning provides courses for adults, particularly for those who find it difficult to access mainstream education	http://creative-learning.org.uk/	learning@communityactiondacorum.o	01442 253 935
Volunteering	**Herts Ability (Formerly HAD)**	Countywide	Equipment centre, driving centre and OT centre	https://hertsability.org.uk/	customerservice@hertsability.org.uk	01707 324581
Long Term Conditions	**Herts Ability (Formerly HAD)**	Countywide	Equipment centre, driving centre and OT centre	https://hertsability.org.uk/	customerservice@hertsability.org.uk	01707 324581

Transport	**Bus Pass**	Countywide	Bus passes for older people	https://www.hertfordshire.gov.uk/services/adult-social-services/transport-for-older-people-and-disabled-people/bus-passes-for-older-people.aspx		
Transport	**Bus Pass**	Countywide	Bus passes for diabled people	https://www.hertfordshire.gov.uk/services/adult-social-services/transport-for-older-people-and-disabled-people/bus-passes-for-disabled-people.aspx		
Transport	**Travel Wallet**	Countywide	Travel wallet - let bus drivers know what help you need. A travel wallet is bright orange and has plastic pockets inside. You can keep everything together that helps you use the bus on your own	https://www.hertfordshire.gov.uk/services/adult-social-services/transport-for-older-people-and-disabled-people/travel-wallet.aspx		
Transport	**Non Emergency Patient Transport**	Countywide	The East of England Ambulance Service (EEAST) is providing non-emergency patient transport services in Hertfordshire, Bedfordshire and Luton	https://www.enhertsccg.nhs.uk/non-emergency-patient-transport#:~:text=The%20East%20of%20England%20Ambulance,please%20call%200345%20605%201208.		**0345 605 1208**
Transport	**Kings Langley Good Neighbours**	Dacorum	Provides voluntary services, such as transport to surgeries and hospitals, simple DIY, visiting and a weekly Lunch Club, for people in the village who have needs caused by age, ill-health, disability or inadequate resources	https://www.klgna.org/		07790 668672
Handyperson, Repairs & Tradespeople	**Kings Langley Good Neighbours**	Dacorum	Provides voluntary services, such as transport to surgeries and hospitals, simple DIY, visiting and a weekly Lunch Club, for people in the village who have needs caused by age, ill-health, disability or inadequate resources	https://www.klgna.org/		07790 668672

Befriending/Social Isolation	**Kings Langley Good Neighbours**	Dacorum	Provides voluntary services, such as transport to surgeries and hospitals, simple DIY, visiting and a weekly Lunch Club, for people in the village who have needs caused by age, ill-health, disability or inadequate resources	https://www.klgna.org/		07790 668672
Clubs	**City Arts**	Countywide	Activities to suit all ages and budgets including workshops, performances, events and exhibitions (ONLINE)	What's On | City Arts (Nottingham) (city-arts.org.uk)	info@city-arts.org.uk	
Food/Shopping	**Kings Langley Good Neighbours**	Dacorum	Kings Langley Good Neighbours is able to help anyone in the village who is self isolating or confined to their homes during the current corona virus crisis. We can collect prescriptions or get some essential shopping for you	https://www.klgna.org/		07790 668672
Volunteering	**Kings Langley Good Neighbours**	Dacorum	Volunteering opportunities in Kings Langley	https://www.klgna.org/		07790 668672
Transport	**Communities 1st**	Hertsmere	Community Car Scheme - For people who are unable to use public transport. This may be because of mobility problems or other special needs. We have volunteer drivers who use their own cars	https://www.communities1st.org.uk/node/211	travel@communities1st.org.uk	020 8207 5055
Transport	**Communities 1st**	Hertsmere	Shopper Scheme - A door-to-door service for people who have difficulties in using public transport to go shopping. This may be due to mobility problems or other special needs	https://www.communities1st.org.uk/Shopper	travel@communities1st.org.uk	020 8207 5055
Clubs	**Communities 1st**	WelHat & LLV	Bowls green in Aberford Park	https://www.communities1st.org.uk/AberfordBowls	bookings@communities1st.org.uk	
Advice	**Communities 1st**	Hertsmere	Want to try something new, get active, or speak to someone about benefits, housing or money worries?	https://www.communities1st.org.uk/HWGS	http://hwgs@communities1st.org.uk/	020 8207 5115

Exercise	**DRUM (Disability Recreation Unity Movement**	South Herts	DRUM offers affordable, innovative and high quality day activities for adults with physical and/or sensory disabilities, an alternative to the more traditional 'day centre'. Daily activity sessions are held and include art and creative crafts, sculpture, textiles, ceramics, sport, yoga, tai chi, gardening, woodwork, singing and dance.	https://drum.chessck.co.uk/	drumwatford@btinternet.com	01923 442114
Benefits, Finance & Debt	**Communities 1st**	Hertsmere	Want to try something new, get active, or speak to someone about benefits, housing or money worries?	https://www.communities1st.org.uk/HWGS	http://hwgs@communities1st.org.uk/	020 8207 5115
Housing/Homelessness	**Communities 1st**	Hertsmere	Want to try something new, get active, or speak to someone about benefits, housing or money worries?	https://www.communities1st.org.uk/HWGS	http://hwgs@communities1st.org.uk/	020 8207 5115
Employment	**Communities 1st**	Hertsmere	Want to try something new, get active, or speak to someone about benefits, housing or money worries?	https://www.communities1st.org.uk/HWGS	http://hwgs@communities1st.org.uk/	020 8207 5115
Befriending/Social Isolation	**Communities 1st**	Hertsmere	Want to try something new, get active, or speak to someone about benefits, housing or money worries?	https://www.communities1st.org.uk/HWGS	http://hwgs@communities1st.org.uk/	020 8207 5115
Clubs	**Communities 1st**	Hertsmere	Want to try something new, get active, or speak to someone about benefits, housing or money worries?	https://www.communities1st.org.uk/HWGS	http://hwgs@communities1st.org.uk/	020 8207 5115
Gardening	**J&R Gardeners**	Dacorum	offer Tree and Garden Services - Based in Hemel Hempstead, £15 per hour, name: Riley. NB: HCNS staff cannot recommend any paid for services or Tradespeople. HCNS cannot guarantee rates will remain the same and have no information regarding working practices or reliability.			01582 514 497 /07926 922 709
Transport	**Colney Heath Parish Council Community Bus**	St Albans	Runs once a week on a Thursday from Colney Heat	https://communitytransportherts.org/schemes/bus-services/colney-heath-parish-council/		01727 824185

Transport	**Harpenden Helping Hand**	St Albans	Our volunteers are able to drive people to local hospitals, doctors' and dental surgeries and opticians when taking public transport or a taxi would be difficult	https://www.harpendenhelpinghand.org.uk/	coordinator@hhhand.org.uk	01582 764599
Volunteering	**Harpenden Helping Hand**	St Albans	Volunteers needed to drive clients, undertake shopping, befriending clients and with admin for the charity	https://www.harpendenhelpinghand.org.uk/	membership@hhhand.org.uk	01582 764599
Befriending/Social Isolation	**Harpenden Helping Hand**	St Albans	If you are housebound and would enjoy company we are able to provide a volunteer to visit you. If you are caring for someone who is housebound we are able to provide a volunteer to sit with them so that you can go out for an hour or two	https://www.harpendenhelpinghand.org.uk/	coordinator@HHHand.org.uk	01582 764599
Food/Shopping	**Harpenden Helping Hand**	St Albans	We are able to provide a volunteer to assist by shopping for essentials for you, or if you have difficulty in shopping alone to accompany you to the shops.	https://www.harpendenhelpinghand.org.uk/		01582 764599
Carers	**Harpenden Helping Hand**	St Albans	If you are housebound and would enjoy company we are able to provide a volunteer to visit you. If you are caring for someone who is housebound we are able to provide a volunteer to sit with them so that you can go out for an hour or two	https://www.harpendenhelpinghand.org.uk/	coordinator@HHHand.org.uk	01582 764599
Transport	**Harpenden Hopper**	St Albans	The Harpenden Hopper is a community run 'Hail & Ride' bus service that links the town centre with residential areas of Harpenden that are poorly served by other commercial bus companie	https://harpendenhopper.co.uk/	hopon@harpendenhopper.co.uk	01582 638007
Transport	**Redbourn Community Group**	St Albans	We have around 30 volunteer drivers who help people attend hospitals and other medical or wellbeing appointments	https://redbourncg.org/	info@redbourncg.org	01582 794550
Transport	**Redbourn Community Group**	St Albans	RCG provides a regular minibus service so that local residents without their own transport can participate in social activities such as group outings, local clubs, or join a regular supermarket shopping trip	https://redbourncg.org/	info@redbourncg.org	01582 794550

Befriending/Social Isolation	**Redbourn Community Group**	St Albans	We run a companionship network for people who like social contact via a phone call or walk with a volunteer	https://redbourncg.org/	info@redbourncg.org	01582 794550
Food/Shopping	**Redbourn Community Group**	St Albans	We assist with shopping and pharmacy deliveries for those who need help	https://redbourncg.org/	info@redbourncg.org	01582 794550
Mobility Equipment	**Redbourn Community Group**	St Albans	We lend equipment such as mobility scooters and wheelchairs for short or long term needs	https://redbourncg.org/	info@redbourncg.org	01582 794550
Transport	**St Albans Good Neighbour Scheme**	St Albans	Lifts to medical appointments, vaccinations and some social appointments	https://www.stalbansgoodneighbourscheme.org.uk/	info@StAlbansGoodNeighbourScheme.	01727 830713
Food/Shopping	**St Albans Good Neighbour Scheme**	St Albans	Shopping (accompanied or unaccompanied) and collecting prescriptions	https://www.stalbansgoodneighbourscheme.org.uk/	info@StAlbansGoodNeighbourScheme.	01727 830713
Befriending/Social Isolation	**St Albans Good Neighbour Scheme**	St Albans	Would you, or someone you know, benefit from the joy of regular conversations with a friendly and reliable, volunteer befriender?	https://www.stalbansgoodneighbourscheme.org.uk/	info@StAlbansGoodNeighbourScheme.	01727 830713
Handyperson, Repairs & Tradespeople	**St Albans Good Neighbour Scheme**	St Albans	Do you need help with a small job in the home or g	https://www.stalbansgoodneighbourscheme.org.uk/	info@StAlbansGoodNeighbourScheme.	01727 830713
Volunteering	**St Albans Good Neighbour Scheme**	St Albans	Volunteering is incredibly rewarding and makes a significant difference to the people you support.	https://www.stalbansgoodneighbourscheme.org.uk/	info@StAlbansGoodNeighbourScheme.	01727 830713
Transport	**Wheathampstead Community Group**	St Albans	We organise transport for people who cannot get to hospital, doctors appointments or collect prescriptions	https://wheathampsteadwcg.org/		07918 136870
Benefits, Finance & Debt	**Wheathampstead Community Group**	St Albans	We help people in financial difficulty where there is a specific need, e.g. groceries vouchers, school uniform	https://wheathampsteadwcg.org/		07539 176481
Handyperson, Repairs & Tradespeople	**Wheathampstead Community Group**	St Albans	We can provide practical help e.g. DIY or gardening for those unable to cope with it themselves	https://wheathampsteadwcg.org/		07539 176481
Befriending/Social Isolation	**Wheathampstead Community Group**	St Albans	We run a Companionship network for people who are lonely and want a regular visit or phone call from a friendly volunteer	https://wheathampsteadwcg.org/		07539 176481

Clubs	**CVSS**	W3R	We are part of 'Sailability' the RYA's national programme enabling people with disabilities to try sailing and take part regularly. RYA is the governing body for sailing in the UK	https://cvssailors.org.uk/		07756 442721
Volunteering	**Wheathampstead Community Group**	St Albans	We have many volunteers who help us in a variety of different ways, such as driving, computer skills, gardening, shopping, and much much more.	https://wheathampsteadwcg.org/		07539 176481
Gardening	**JRS Property Maintenance Limited**	WelHat & LLV	Gardening/Handyman			Matt Summers 07706 786567
Transport	**Beryl Bikes**	W3R	Get around Watford on two wheels and help make streets greener and cleaner	https://beryl.cc/bikeshare/watford		
Transport	**Bushey & Oxhey Care**	W3R	Do you need a hand getting to Medical appointments, the shops, or visiting services? Just phone a few days before your appointment and we will try to organise a driver for you.	https://communitytransportherts.org/schemes/car-schemes/bushey-oxhey-care/		020 8950 3330
Transport	**Rickmansworth Care**	W3R	Rickmansworth Care provides volunteer drivers to pick up and drop off members of our community of Rickmansworth, Croxley Green, Mill End and Maple Cross who find themselves in need of transportation.	https://sites.google.com/site/rickmansworthcare/	rickmansworthcare@gmail.com	07935 269144
Transport	**W3RT Community Cars**	W3R	Community Cars serves residents across Watford and Three Rivers and provides a safe, reliable and affordable service	https://www.mywellbeing.community/services-update	communitycars@w3rt.org	01923 216964
Mental Health/Counselling	**Spot The Signs**	Countywide	We are a suicide prevention campaign, helping to remove the stigma of talking openly about suicide. We provide training courses and signpost to mental health services available in Hertfordshire	https://www.hpft.nhs.uk/information-and-resources/spot-the-signs/		
Mental Health/Counselling	**Spectrum/CGL**	Countywide	Provide advice and support on drug and alcohol addiction as well as supporting with mental health, housing, health and wellbeing & prison information. Also now have a telecoms service	https://www.changegrowlive.org/	Herts@cgl.org.uk	0800 652 3169

Advice	**Spectrum/CGL**	Countywide	Provide advice and support on drug and alcohol addiction as well as supporting with mental health, housing, health and wellbeing & prison information. Also now have a telecoms service	https://www.changegrowlive.org/	Herts@cgl.org.uk	0800 652 3169
Housing/Homelessness	**Spectrum/CGL**	Countywide	Provide advice and support on drug and alcohol addiction as well as supporting with mental health, housing, health and wellbeing & prison information. Also now have a telecoms service	https://www.changegrowlive.org/	Herts@cgl.org.uk	0800 652 3169
Mental Health/Counselling	**Living Room**	Countywide	The aim of our organisation is to break the family cycle of addiction (both substance and behavioural addictions). Provide support over the phone, in groups and in their centre. See website for more details	https://www.livingroomherts.org/	enquiries@livingroomherts.org	0300 365 0304 For urgent enquiries, you can call 07838 393 459 between 9am - 12.30pm (Mon-Fri)
Carers	**Living Room**	Countywide	The aim of our organisation is to break the family cycle of addiction (both substance and behavioural addictions). Provide support over the phone, in groups and in their centre. See website for more details	https://www.livingroomherts.org/	enquiries@livingroomherts.org	0300 365 0304 For urgent enquiries, you can call 07838 393 459 between 9am - 12.30pm (Mon-Fri)
Children/Families	**Living Room**	Countywide	The aim of our organisation is to break the family cycle of addiction (both substance and behavioural addictions). Provide support over the phone, in groups and in their centre. See website for more details	https://www.livingroomherts.org/	enquiries@livingroomherts.org	0300 365 0304 For urgent enquiries, you can call 07838 393 459 between 9am - 12.30pm (Mon-Fri)
Addiction	**Turning Point**	Countywide	The Hertfordshire Carers Support Service aims to provide a service that improves emotional wellbeing and outcomes for any adult carer living in Hertfordshire.	www.turning-point.co.uk/services/herts	hcssinfo@turning-point.co.uk	01438 211185
Mental Health/Counselling	**Turning Point**	Countywide	The Hertfordshire Carers Support Service aims to provide a service that improves emotional wellbeing and outcomes for any adult carer living in Hertfordshire.	www.turning-point.co.uk/services/herts	hcssinfo@turning-point.co.uk	01438 211185

Addiction	**Drug Link Oxygen**	Countywide	Druglink are a substance misuse charity based in Hertfordshire. Our objective is to change the future for people who are, or could be, affected by substance misuse. We achieve this through Addiction Treatment, Housing Solutions, Education and Training	https://www.druglink.co.uk/	druglink@druglink.ltd.uk	01923 260 733
Mental Health/Counselling	**Drug Link Oxygen**	Countywide	Druglink are a substance misuse charity based in Hertfordshire. Our objective is to change the future for people who are, or could be, affected by substance misuse. We achieve this through Addiction Treatment, Housing Solutions, Education and Training	https://www.druglink.co.uk/	druglink@druglink.ltd.uk	01923 260 733
Housing/Homelessness	**Drug Link Oxygen**	Countywide	Druglink are a substance misuse charity based in Hertfordshire. Our objective is to change the future for people who are, or could be, affected by substance misuse. We achieve this through Addiction Treatment, Housing Solutions, Education and Training	https://www.druglink.co.uk/	druglink@druglink.ltd.uk	01923 260 733
Learning & Development	**Drug Link Oxygen**	Countywide	Druglink are a substance misuse charity based in Hertfordshire. Our objective is to change the future for people who are, or could be, affected by substance misuse. We achieve this through Addiction Treatment, Housing Solutions, Education and Training	https://www.druglink.co.uk/	druglink@druglink.ltd.uk	01923 260 733
Employment	**Drug Link Oxygen**	Countywide	Druglink are a substance misuse charity based in Hertfordshire. Our objective is to change the future for people who are, or could be, affected by substance misuse. We achieve this through Addiction Treatment, Housing Solutions, Education and Training	https://www.druglink.co.uk/	druglink@druglink.ltd.uk	01923 260 733
Addiction	**Stop Smoking Service**	Countywide	There are over 300 local stop smoking services in Hertfordshire offering non-judgemental support, either one-to-one or for groups in the workplace	https://www.hertfordshire.gov.uk/services/health-in-herts/smoking/stop-smoking-service.aspx	healthimprovementservice@hertfords	Call 0800 389 3998 or text SMOKEFREE to 80818 or Quit4Covid to 80818

Addiction	**New Hope**	W3R	New Hope provides three homes for people in recovery from alcohol and substance misuse	https://www.newhope.org.uk/recovery-services-accommodation	info@newhope.org.uk	01923 213 230
Housing/Homelessness	**New Hope**	W3R	Recovery from homelessness is possible but it usually isn't easy. This is why New Hope is there every step of the way, walking alongside people – from street outreach to our own accommodation services to independent living – offering bespoke care with patience, compassion and kindness	https://www.newhope.org.uk/	info@newhope.org.uk	0300 012 0168
Advice	**With You**	Countywide	Online info if you're worried about your own or someone else's drinking or drug use, or your mental health.	https://www.wearewithyou.org.uk/		
Addiction	**With You**	Countywide	Online info if you're worried about your own or someone else's drinking or drug use, or your mental health.	https://www.wearewithyou.org.uk/		
Mental Health/Counselling	**With You**	Countywide	Online info if you're worried about your own or someone else's drinking or drug use, or your mental health.	https://www.wearewithyou.org.uk/		
Addiction	**WDP**	Countywide	WDP provides a range of health and wellbeing services to adults and young people across the UK	https://www.wdp.org.uk/		
Employment	**WDP**	Countywide	WDP provides a range of health and wellbeing services to adults and young people across the UK	https://www.wdp.org.uk/		
Communication, Relationships & Mediation	**Mediation Hertfordshire**	Countywide	Mediation Hertfordshire's success lies in our ability to resolve conflict and rebuild relationships	https://www.mediationherts.org.uk/	help@mediationherts.org.uk	Telephone 01442 268044 and 01442 243402. Mobile number 07925 512587 (text anytime and we will reply during office hours).
Communication, Relationships & Mediation	**Relate**	Countywide	Counselling, mediation & training	https://www.relate.org.uk/london-north-west-and-hertfordshire		0300 003 2324

Mental Health/Counselling	**Relate**	Countywide	Counselling, mediation & training	https://www.relate.org.uk/london-north-west-and-hertfordshire		0300 003 2324
Other	**CDA Herts**	Countywide	CDA Herts' primary role in the Voluntary and Community Sector is to be the voice and advocate for the communities in Hertfordshire. We achieve this by exchanging information between the public, private and voluntary sectors, influencing strategies, supporting and working in partnership, and delivering projects	https://www.cdaherts.org.uk/	Office@cdaherts.org.uk	01992 289060
Nutrition/Weightloss	**Slimming World**	Countywide	Find your nearest group and discover the freedom of losing weight your way – and the freedom to live the life you've longed for!	www.slimmingworld.co.uk	Check online for local group info	Check online for local group info
Carers	**Adult Social Care**	Countywide	Adult Social care - including care, carers, day services/clubs, equipment, housing, disability, transport, mental health, money & finances	https://www.hertfordshire.gov.uk/services/adult-social-services/adult-social-services.aspx		0300 123 4042
Clubs	**Dacorum Dolphins**	Dacorum	The group is aimed at children and adults who have a disability. That would struggle to swim and play in a mainstream session.	https://www.facebook.com/DacorumDolphins	Dacorumdolphins@outlook.com	
Mobility Equipment	**Adult Social Care**	Countywide	Adult Social care - including care, carers, day services/clubs, equipment, housing, disability, transport, mental health, money & finances	https://www.hertfordshire.gov.uk/services/adult-social-services/adult-social-services.aspx		0300 123 4042
Housing/Homelessness	**Adult Social Care**	Countywide	Adult Social care - including care, carers, day services/clubs, equipment, housing, disability, transport, mental health, money & finances	https://www.hertfordshire.gov.uk/services/adult-social-services/adult-social-services.aspx		0300 123 4042
Long Term Conditions	**Adult Social Care**	Countywide	Adult Social care - including care, carers, day services/clubs, equipment, housing, disability, transport, mental health, money & finances	https://www.hertfordshire.gov.uk/services/adult-social-services/adult-social-services.aspx		0300 123 4042
Transport	**Adult Social Care**	Countywide	Adult Social care - including care, carers, day services/clubs, equipment, housing, disability, transport, mental health, money & finances	https://www.hertfordshire.gov.uk/services/adult-social-services/adult-social-services.aspx		0300 123 4042

Mental Health/Counselling	**Adult Social Care**	Countywide	Adult Social care - including care, carers, day services/clubs, equipment, housing, disability, transport, mental health, money & finances	https://www.hertfordshire.gov.uk/services/adult-social-services/adult-social-services.aspx		0300 123 4042
Benefits, Finance & Debt	**Adult Social Care**	Countywide	Adult Social care - including care, carers, day services/clubs, equipment, housing, disability, transport, mental health, money & finances	https://www.hertfordshire.gov.uk/services/adult-social-services/adult-social-services.aspx		0300 123 4042
Clubs	**Douglas Drive Senior Citizens Centre**	Stevenage/North Herts	A centre for Stevenage's seniors			01438 357227 Rose Griffin
Exercise	**Exercise**	Stort & ULV	Bishops Stortford	Tuesday 2pm U3A United Reform Church, CM23 3JZ	Susan Shearing - 01279 505703	Exercise for both order people and disabled adults. There is seated and standing exercise to music.
Long Term Conditions	**DRUM (Disability Recreation Unity Movement**	South Herts	DRUM offers affordable, innovative and high quality day activities for adults with physical and/or sensory disabilities, an alternative to the more traditional 'day centre'. Daily activity sessions are held and include art and creative crafts, sculpture, textiles, ceramics, sport, yoga, tai chi, gardening, woodwork, singing and dance.	https://drum.chessck.co.uk/	drumwatford@btinternet.com	01923 442114
Learning Disabilities	**National Autistic Society - Hertfordshire Branch**	Countywide	The NAS Hertfordshire branch is run entirely by volunteers and welcomes all autistic adults, children and family members. We organise a number of activities as well as acting as a source of information on local events/services.	http://nasherts.webeden.co.uk/home/4594359306	hertfordshire@nas.org.uk	

Exercise	**Exercise**	Stort & ULV	Hoddesdon	Thursdays 10am Jackson Hall Hoddesdon, EN11 8JA	Susan Shearing - 01279 505702	Exercise for both order people and disabled adults. There is seated and standing exercise to music.
Mental Health/Counselling	**Watford FC Community & Sports Education Trust**	W3R	Multiple projects to support people with health/mental health issues, helping them to become active	https://www.watfordfccsetrust.com/project/active-watford-three-rivers/	alison.goodchild@watfordfc.com	07710 096398
Directory	**Walking Football**	Countywide	Directory of walking footbal groups/sessions	https://www.walkingfootball.com/directory/		
Exercise	**Extend**	WelHat & LLV	Extend exercise – 20 mins seated exercise in first class, and more active in second class- standing exercise to music.			01707 891789
Clubs	**DRUM (Disability Recreation Unity Movement**	South Herts	DRUM offers affordable, innovative and high quality day activities for adults with physical and/or sensory disabilities, an alternative to the more traditional 'day centre'. Daily activity sessions are held and include art and creative crafts, sculpture, textiles, ceramics, sport, yoga, tai chi, gardening, woodwork, singing and dance.	https://drum.chessck.co.uk/	drumwatford@btinternet.com	01923 442114
Exercise	**Extend**	WelHat & LLV	Extend exercise – 20 mins seated exercise in first class, and more active in second class- standing exercise to music.			Brenda Norris 01707 260352
Clubs	**Friends of Carehomes: An evening Out in the Afternoon.**	W3R	Social gathering at C Club at The Clithoeroe Centre, South Oxhey: supporting Seniors, isolated, lonely and families living with Dementia/Alzheimer's. Provide snacks and tea/coffee etc with singalongs, games etc.	www.friendsofcarehomes.com	info@friendsofcarehomes.com	01923 289890
Exercise	**Hertfordshire Activity Finder**	Countywide	Moving More Activity Finder	https://hsp.activityfinder.net/		

Learning Disabilities	**PACT for Autism (Parents and Children Together)**	Countywide	PACT for Autism is a charity providing support for families and carers of individuals within the autism spectrum and similar conditions. We support people with or without a diagnosis.	https://www.pactforautism.org.uk/about	info@pactforautism.org.uk	07377 386090 / 0737
Long Term Conditions	**Salmon Club**	St Albans	The Club welcomes new disabled members to our swimming sessions and actively encourages their family members and friends to accompany them in order to share the enjoyment and experience	http://www.salmon-club.org.uk/index.html	membership@salmon-club.org.uk	07775 710822
Learning Disabilities	**Pioneer Approaches**	Countywide	Working inclusively to deliver: creative training, consultanct, workshops, projects and activities for and with people with learning disabilites and differences	http://pioneerapproaches.co.uk/	ali@pioneerapproaches.co.uk	
Long Term Conditions	**Adapt IT**	Countywide	Adapt-IT supplies computer hardware, software and services for disabled users and people with special needs	https://adapt-it.co.uk/	enquiries@Adapt-IT.co.uk	0330 056 4079
IT Support	**Adapt IT**	Countywide	Adapt-IT supplies computer hardware, software and services for disabled users and people with special needs	https://adapt-it.co.uk/	enquiries@Adapt-IT.co.uk	0330 056 4079
Long Term Conditions	**Chilterns MS Centre**	Countywide	Based in Aylesbury. Welcome to Chilterns MS Centre. If you are living with multiple sclerosis, or caring for someone who is, we're glad you've found us and we look forward to connecting with you on your MS journey – wherever you're at	https://www.chilternsmscentre.org/	info@chilternsmscentre.org	01296 696133
Carers	**Chilterns MS Centre**	Countywide	Based in Aylesbury. Welcome to Chilterns MS Centre. If you are living with multiple sclerosis, or caring for someone who is, we're glad you've found us and we look forward to connecting with you on your MS journey – wherever you're at	https://www.chilternsmscentre.org/	info@chilternsmscentre.org	01296 696133
Exercise	**Herts Sport Partnership**	Countywide	Physical Activity for Wellbeing	https://sportinherts.org.uk/physical-activity-for-wellbeing/		

Mental Health/Counselling	**Chilterns MS Centre**	Countywide	Based in Aylesbury. Welcome to Chilterns MS Centre. If you are living with multiple sclerosis, or caring for someone who is, we're glad you've found us and we look forward to connecting with you on your MS journey – wherever you're at	https://www.chilternsmscentre.org/	info@chilternsmscentre.org	01296 696133
Rehab	**Chilterns MS Centre**	Countywide	Based in Aylesbury. Welcome to Chilterns MS Centre. If you are living with multiple sclerosis, or caring for someone who is, we're glad you've found us and we look forward to connecting with you on your MS journey – wherever you're at	https://www.chilternsmscentre.org/	info@chilternsmscentre.org	01296 696133
Long Term Conditions	**Dacorum Dolphins**	Dacorum	The group is aimed at children and adults who have a disability. That would struggle to swim and play in a mainstream session.	https://www.facebook.com/DacorumDolphins	Dacorumdolphins@outlook.com	
Exercise	**Imagination Dance**	Countywide	Dance company currently offering free on line sessions for carers etc		info.imaginationarts@yahoo.com	07714 378 887
Clubs	**Friends of Carehomes: An evening Out in the Afternoon.**	Hertsmere	Social gathering at Maxwell Community Centre supporting Seniors, isolated, lonely and families living with Dementia/Alzheimer's. Provide snacks and tea/coffee etc with singalongs, games etc.	www.friendsofcarehomes.com	info@friendsofcarehomes.com	01923 289890
Long Term Conditions	**DEMAND**	Countywide	We're here to help people with disabilities improve their lived experience both day to day and by being able to access more life enriching opportunities. Can provide advice and support regarding equipment. We also help people to access and enjoy sport and leisure activities	https://www.demand.org.uk/		01923 681800

Mobility Equipment	**DEMAND**	Countywide	We're here to help people with disabilities improve their lived experience both day to day and by being able to access more life enriching opportunities. Can provide advice and support regarding equipment. We also help people to access and enjoy sport and leisure activities	https://www.demand.org.uk/		01923 681800
Exercise	**Keep Fit for over 50s**	Stevenage/North Herts	Bedwell Community Centre	www.fun-fitness.co.uk		01438 314839
Long Term Conditions	**Pathway Through Pain**	Countywide	Pathway through Pain is the only clinically proven digital therapeutic that covers all the elements of an intensive Pain Management Programme (PMP). This accessible web-based course is NHS-approved and delivers significant and often life-changing results for individuals seeking to better self-manage chronic musculoskeletal pain.	https://www.pathwaythroughpain.com/		
Long Term Conditions	**Tring Beavers Disabled Swimming Group**	W3R	The aim of this sports club is to provide swimming and exercise for the actively disabled and to help physically disabled people to become more active through exercise in water		susanlanning124@btinternet.com	01442 822903
Exercise	**Keep Fit for the over 50s and Keep Well, Stay Active classes**	Stevenage/North Herts	St Peter's Community Hall			01438 236464
Clubs	**Gardening Club**	Stevenage/North Herts	Join us for gardening and cake eating! Every Thursday we meet to garden our fruit and vegetables for the food bank. Cultivate flowers for old peoples homes, respite centres and for refuges. We also craft, try out archery and other activities.	http://www.downthewoods.org	caroline.langley@downthewoods.org	07939 308981

Long Term Conditions	**Bushey Action on Diability Group**	W3R	We are a social club that meets regularly for company and social activities. We welcome local residents who are suffering from some physical disability		jack@debnam.net	07771 766222
Long Term Conditions	**PHAB**	Countywide	(Check website for club details) Phab inspires and supports disabled and non-disabled children, young people and adults to make more of life together - breaking down community barriers, reducing social isolation, and creating opportunities for all involved to enjoy the same activities and challenges side by side.	https://www.phab.org.uk/phab-clubs-our-phab-clubs	Check website for club contact details	Check website for club contact details
Clubs	**Good Companions Club**	Stevenage/North Herts	Friendly club for men and women aged 50+			01438 314839 Sheila
Children/Families	**PHAB**	Countywide	(Check website for club details) Phab inspires and supports disabled and non-disabled children, young people and adults to make more of life together - breaking down community barriers, reducing social isolation, and creating opportunities for all involved to enjoy the same activities and challenges side by side.	https://www.phab.org.uk/phab-clubs-our-phab-clubs	Check website for club contact details	Check website for club contact details
Clubs	**Greencare at Norton**	Stevenage/North Herts	Community food growing and horticulture project		greencareatnorton@gmail.com	
Long Term Conditions	**CVSS**	W3R	We are part of 'Sailability' the RYA's national programme enabling people with disabilities to try sailing and take part regularly. RYA is the governing body for sailing in the UK	https://cvssailors.org.uk/		07756 442721
Long Term Conditions	**Penniwells Riding for the Disabled**	Hertsmere	Our aim is to provide disabled people with the opportunity to ride to benefit their health and well being	http://www.penniwellsrda.com/	penniwellsrda@outlook.com	020 8207 4525
Long Term Conditions	**Penniwells Riding for the Disabled**	W3R	Our aim is to provide disabled people with the opportunity to ride to benefit their health and well being	http://www.penniwellsrda.com/	penniwellsrda@outlook.com	020 8207 4525

Advice	**Stroke Association**	Countywide	We're here to support people to rebuild their lives after stroke. We believe everyone deserves to live the best life they can after stroke. Provide support, information & advice as well as groups	https://www.stroke.org.uk/	helpline@stroke.org.uk	0303 3033 100
Long Term Conditions	**Stroke Association**	Countywide	We're here to support people to rebuild their lives after stroke. We believe everyone deserves to live the best life they can after stroke. Provide support, information & advice as well as groups	https://www.stroke.org.uk/	helpline@stroke.org.uk	0303 3033 100
Clubs	**Hailey Day Centre**	Stort & ULV	Drop in coffee mornings and activities for over 55's			01279 721221 Sue Fitzwilliams
Long Term Conditions	**Riding for the Disabled Association (Digswell Place)**	Countywide	Digswell Place is a purpose-built, voluntarily run riding stable for adults and children with most kinds of disability (they do not have a hoist so are unable to offer riding to all disabilities). The aim of the Riding for the Disabled Association is "to give the opportunity of riding to any disabled person who might benefit in their health and well-being."	https://www.digswellplacerda.org.uk/	info@digswellplacerda.org.uk	01707 332159
Children/Families	**Riding for the Disabled Association (Digswell Place)**	Countywide	Digswell Place is a purpose-built, voluntarily run riding stable for adults and children with most kinds of disability (they do not have a hoist so are unable to offer riding to all disabilities). The aim of the Riding for the Disabled Association is "to give the opportunity of riding to any disabled person who might benefit in their health and well-being."	https://www.digswellplacerda.org.uk/	info@digswellplacerda.org.uk	01707 332159

Gardening	**Lady Gardeners**	Countywide	will respond in 48 hours to emergency gardening needs. There are 11 ladies, pricing is by job, quotes are given in writing. If the client is over 70, she will only visit with a carer or family member, this can also be over the telephone if a visit is not suitable. Will attempt to accommodate anyone in the Hertfordshire boundary, and this will be checked by post code. NB: HCNS staff cannot recommend any paid for services or Tradespeople. HCNS cannot guarantee rates will remain the same and have no information regarding working practices or reliability.			07747 510 546 or 0800 474 8420
Clubs	**Hampson Park Community Centre**	Stevenage/North Herts	Lunch Club			01438 354662
Exercise	**Keep fit/Keep well for over 60s**	Stevenage/North Herts	The Bragbury Centre, Hertford Road Community Centre	www.thebragburycentre.co.uk		
Long Term Conditions	**Barracuda Swimming Club**	Hertsmere	Swimming Club for disabled children and adults	http://www.barracudasc.co.uk/	secretary.barracuda.sc@hotmail.co.uk	01707 643198
Children/Families	**Barracuda Swimming Club**	Hertsmere	Swimming Club for disabled children and adults	http://www.barracudasc.co.uk/	secretary.barracuda.sc@hotmail.co.uk	01707 643198
Long Term Conditions	**Silver Birch Dance Company**	Countywide	runs vibrant all-ability dance, theatre and arts projects all over Hertfordshire and the surrounding area including UV inclusive clubbing	http://silverbirchdance.com/		07922 548944
Learning Disabilities	**Potential Kids**	WelHat & LLV	Providing learning, social and sports opportunities to neurodiverse children/young people, their siblings and families	https://www.potentialkids.org/	info@potentialkids.org	
Exercise	**Letchworth Centre for Healthy Living**	Stevenage/North Herts	The Centre is about health promotion and illness prevention; about empowering people of all ages and backgrounds with tools and techniques to enable them to take responsibility for their own health.	www.letchworthcentre.org	Rebeccaskeel@letchworthcentre.org	01462 678804

Clubs	**Healthy Hub Broxbourne**	WelHat & LLV	Service to help people get healthier. Help with weight loss, alcohol, smoking, anxiety, isolation & being more active		healthyhub@broxbourne.gov.uk	
Directory	**Herts Vision Loss**	Countywide	List of local clubs for blind and partially sighted people in different areas of Hertfordshire	https://hertsvisionloss.org.uk/social-clubs/	See website for contact details of differ	See website for contact details of different groups
Sight Loss/Vision	**Specsavers**	Countywide	Home eye tests for those unable to leave home	https://www.specsavers.co.uk/home-eye-tests	Online form	0808 239 7238
Long Term Conditions	**Dance for Parkinsons**	W3R	Dance can provide a relaxed and sociable environment for people with Parkinson's to exercise both body and mind	https://www.threeriversleisure.co.uk/dance-for-parkinsons	Juliakpearce@gmail.com	07766 903914
Carers	**Parkinsons**	Countywide	Whether you have Parkinson's or you care for someone who does, you can get the information and support that's right for you.	https://www.parkinsons.org.uk		0808 800 0303
Long Term Conditions	**Parkinsons**	Countywide	Whether you have Parkinson's or you care for someone who does, you can get the information and support that's right for you.	https://www.parkinsons.org.uk		0808 800 0303
Advice	**Parkinsons**	Countywide	Whether you have Parkinson's or you care for someone who does, you can get the information and support that's right for you.	https://www.parkinsons.org.uk		0808 800 0303
Clubs	**Heather Club**	Dacorum	The Heather Club offers sociability and stimulation to people living with memory loss and early stage dementia providing respite to their carers, by providing a range of activities in a day centre twice a week	https://www.theheatherclub.com/	theheatherclub@outlook.com	07836 560684
Long Term Conditions	**Disability Watford & District**	W3R	We are a charity run by people with a disability, to help others with a disability, their family, friends, carers, personal assistants and anyone who has an interest in the problems surrounding disability matters	https://www.disabilitywatford.org.uk/	info@disabilitywatford.org.uk	01923 245 944

Advice	**Disability Watford & District**	W3R	We are a charity run by people with a disability, to help others with a disability, their family, friends, carers, personal assistants and anyone who has an interest in the problems surrounding disability matters	https://www.disabilitywatford.org.uk/	info@disabilitywatford.org.uk	01923 245 944
Mobility Equipment	**Disability Watford & District**	W3R	We are a charity run by people with a disability, to help others with a disability, their family, friends, carers, personal assistants and anyone who has an interest in the problems surrounding disability matters	https://www.disabilitywatford.org.uk/	info@disabilitywatford.org.uk	01923 245 944
Sight Loss/Vision	**Watford Workshop**	W3R	Watford Workshop is proud to have been providing supported employment, work and life skills training to adults with disabilities since 1964	https://watfordworkshop.co.uk/	enquiries@watfordworkshop.co.uk	01923 220 256
Long Term Conditions	**Riding for the Disabled Gaddesden Place**	Dacorum	Gaddesden Place is a dedicated RDA centre giving children and adults with special needs and disabilities the opportunity to ride and have fun	http://www.gaddesdenplacerda.org.uk/public	info@gaddesdenplacerda.org.uk	01442 246924
Learning Disabilities	**Precious Homes**	St Albans	Empowering people with learning disabilities, autism and other complex needs to live as independently as possible, to become integral members of the community and to achieve their goals and aspirations through individual care pathways	http://www.precious-homes.co.uk/		General enquiries 020 8826 4343 / Making a referral 07550 188 004
Children/Families	**Riding for the Disabled Gaddesden Place**	Dacorum	Gaddesden Place is a dedicated RDA centre giving children and adults with special needs and disabilities the opportunity to ride and have fun	http://www.gaddesdenplacerda.org.uk/public	info@gaddesdenplacerda.org.uk	01442 246924
Long Term Conditions	**Sea Lion Swimming Club**	W3R	Sea Lion Swiming Club is open to anyone with a permanent of temporary disabilty and their families/carers	https://www.sealionswimmingclub.org.uk/	sealionswimmingclub04@gmail.com	0845 6216600
Clubs	**Hertford Senior Citizens Luncheon Club**	Stort & ULV	Mayflower Place - Male only and retired		dkenney123@btinternet.com	01992 558196
Children/Families	**Special Olympics**	Countywide	To create and sustain opportunities for people with a learning and or physical disability to become involved and stay involved in sport and physical activity	https://www.specialolympicsgb.org.uk/	Info@sogb.org.uk	+44 (0) 20 7247 8891

Long Term Conditions	**Special Olympics**	Countywide	To create and sustain opportunities for people with a learning and or physical disability to become involved and stay involved in sport and physical activity	https://www.specialolympicsgb.org.uk/	Info@sogb.org.uk	+44 (0) 20 7247 8891
Learning Disabilities	**Riding for the Disabled Gaddesden Place**	Dacorum	Gaddesden Place is a dedicated RDA centre giving children and adults with special needs and disabilities the opportunity to ride and have fun	http://www.gaddesdenplacerda.org.uk/public	info@gaddesdenplacerda.org.uk	01442 246924
Exercise	**Love to Dance**	Countywide	Over 50 Activity		activetogether@herts.ac.uk	Joe Capon - 01707 284229
Clubs	**Hertfordshire Heroes**	Countywide	The Armed Forces Covenant is a promise by the nation ensuring that those who serve or who have served in the armed forces, and their families, are treated fairly	https://www.hertfordshireheroes.org/where-can-i-find-support.aspx#DynamicJumpMenuManager_1_Anchor_4	Multiple emails please check website	Multiple numbers please check website
Long Term Conditions	**WheelPower - British Wheelchair Sports**	Countywide	WheelPower, is the national organisation for wheelchair sport in the United Kingdom, and exists to provide, promote and develop opportunities for men, women and children with disabilities to participate in recreational and competitive wheelchair sport	https://www.wheelpower.org.uk/	info@wheelpower.org.uk	01296 395995
Pets	**Animal Support Angels**	Countywide	They can support with food for pets, rehoming pet	https://animalsupportangels.com/	amanda@animalsupportangels.com	07752 400127
Pets	**Blue Cross**	Countywide	We find happy homes for abandoned or unwanted pets and we keep pets healthy by promoting welfare and providing treatment. Can also provide bereavement support	https://d8-origin-prod.bluecross.org.uk/	Check website for local blue cross servi	Check website for local blue cross services
Bereavement	**Blue Cross**	Countywide	We find happy homes for abandoned or unwanted pets and we keep pets healthy by promoting welfare and providing treatment. Can also provide bereavement support	https://d8-origin-prod.bluecross.org.uk/	Check website for local blue cross servi	Check website for local blue cross services
Pets	**Chilterns Dog Rescue**	Countywide	Animal rescue service	https://chilternsdogrescue.org.uk/	enquiries@cdrs.org.uk	01296 623885
Pets	**Thompsons Family Pet Care**	W3R	Dog walking, home visits/pet feeds and chaperone service	http://thompsonsfamilypetcare.co.uk/	contact@thompsonsfamilypetcare.co.u	07871 776064

Pets	**Animals At Home Pet Taxi**	Countywide	All our Pet Taxi / Animal Ambulances have been designed with safety, welfare and comfort in mind; to ensure a safe and efficient journey for your pets.	https://www.animalsathome.co.uk/service/animal-ambulance-and-pet-taxi-west-herts/	info@animalsathome.co.uk	
Food/Shopping	**Milk & More**	Countywide	Food delivery	https://www.milkandmore.co.uk/		0345 606 3606
Food/Shopping	**Morrisons**	Countywide	Doorstep deliveries	https://groceries.morrisons.com/webshop/startWebshop.do		call 0345 611 6111, selecting option 5 to place your order from a list of essential items
Food/Shopping	**COOK**	Countywide	Frozen ready meals delivered	https://www.cookfood.net/		01732 759010
Food/Shopping	**Gratitude**	Hertsmere	Gratitude take food that's good to eat but can't be sold in shops because of packaging errors or overproduction. We then redistribute it to the community through various free meals projects, community pantry and our network of local charities	https://www.gratitude.charity/		07456 737767
Food/Shopping	**Oakhouse Foods**	Countywide	Frozen ready meals delivered	https://www.oakhousefoods.co.uk/	threecounties@oakhousefoods.co.uk	01727 649290
Food/Shopping	**Sainsbury's**	Countywide	Sainsburys Telephone Order Service	https://www.sainsburys.co.uk/shop/gb/groceries		0800 917 8557
Food/Shopping	**One Vision**	W3R	By temporarily providing basic food items, individuals who are facing financial difficulties don't have to choose between feeding their family or paying their bills.	https://www.onevisionproject.org/programmes/food-programme/	info@ovwatford.org	01923 372699
Food/Shopping	**Watford Foodbank**	W3R	Foodbank in Watford	https://www.watfordfoodbank.co.uk/	info@watford.foodbank.org.uk	01923 804435
Food/Shopping	**St Albans & District Foodbank**	St Albans	St Alban's & District foodbank	https://stalbansdistrict.foodbank.org.uk/	info@stalbansdistrict.foodbank.org.uk	01727 811 118
Food/Shopping	**DEN's - Dacorum Foodbank**	Dacorum	Foodbank in Dacorum	https://www.dens.org.uk/our-services/foodbank/	office@dacorumfoodbank.org.uk	01442 250969

Housing/Homelessness	**DENS**	Dacorum	Our aim is to be the first port of call for people in Dacorum who are facing homelessness, poverty and social exclusion; to support and empower them to take the next positive step in their lives	https://www.dens.org.uk/	office@dens.org.uk	01442 262274
Advice	**DENS**	Dacorum	Our aim is to be the first port of call for people in Dacorum who are facing homelessness, poverty and social exclusion; to support and empower them to take the next positive step in their lives	https://www.dens.org.uk/	office@dens.org.uk	01442 262274
Learning & Development	**DENS**	Dacorum	Our aim is to be the first port of call for people in Dacorum who are facing homelessness, poverty and social exclusion; to support and empower them to take the next positive step in their lives	https://www.dens.org.uk/	office@dens.org.uk	01442 262274
Food/Shopping	**Community Action Dacorum**	Dacorum	Door To Store - This service provides older or disabled people who have difficulties in using public transport safe, reliable and accessible transport to a local supermarket.	https://www.communityactiondacorum.org/community-transport	reception@communityactiondacorum.	01442 253935
Asylum/Refugee Services	**Watford and Three Rivers Refugee Partnership**	West Herts	Offer practical and emotional support to asylum seekers and refugees in West Hertfordshire	https://www.wtrrp.org.uk/	info@wtrrp.org.uk	01923 252 434
Sight Loss/Vision	**What News**	WelHat & LLV	Talking newspaper - they distribute WhatNews as CDs in the post	N/A	robert@handscomb.co.uk	07710 177271
Hearing Loss/Hearing	**Specsavers**	Countywide	Home hearing tests for those unable to leave home	https://www.specsavers.co.uk/hearing/hearing-tests-at-home	Online form	0800 023 2949
Cleaning/Home Support	**Extra Help**	Countywide	Our aim is to provide a professional, high-quality, friendly, efficient and affordable domestic and home help service	https://www.extra-help.co.uk/	See website for local office details	See website for local office details
PA Services	**Extra Help**	Countywide	Our aim is to provide a professional, high-quality, friendly, efficient and affordable domestic and home help service	https://www.extra-help.co.uk/	See website for local office details	See website for local office details

Pets	**Extra Help**	Countywide	Our aim is to provide a professional, high-quality, friendly, efficient and affordable domestic and home help service	https://www.extra-help.co.uk/	See website for local office details	See website for local office details
Gardening	**Triangle Community Garden**	Stevenage/North Herts	Created and cultivated by people of all ages and abilities in Hitchin	https://www.trianglegarden.org/	Contact via website	
Food/Shopping	**Extra Help**	Countywide	Our aim is to provide a professional, high-quality, friendly, efficient and affordable domestic and home help service	https://www.extra-help.co.uk/	See website for local office details	See website for local office details
Transport	**Extra Help**	Countywide	Our aim is to provide a professional, high-quality, friendly, efficient and affordable domestic and home help service	https://www.extra-help.co.uk/	See website for local office details	See website for local office details
Befriending/Social Isolation	**Extra Help**	Countywide	Our aim is to provide a professional, high-quality, friendly, efficient and affordable domestic and home help service	https://www.extra-help.co.uk/	See website for local office details	See website for local office details
Mental Health/Counselling	**Arts on Prescription**	St Albans	Arts on Prescription offers courses in the arts for those suffering from stress, anxiety, depression and other conditions affecting mental wellbeing	https://www.1life.co.uk/st-albans-arts-team/arts-on-prescription/	artsonprescription@1Life.co.uk	01727 819303
Mental Health/Counselling	**Colourful Minds**	Dacorum	Colourful Minds is a free 12-week creative therapy course for those with mild to moderate mental health issues, such as stress, anxiety, depression or other conditions affecting mental wellbeing	https://www.dacorum.gov.uk/home/community-living/community-partnerships/colourful-minds-arts-wellbeing-programme	kerry@hit-theatre.org.uk	01923 216951
Mental Health/Counselling	**BACP**	Countywide	List of registered therapists that can be searched by area	https://www.bacp.co.uk/search/Therapists		
Mental Health/Counselling	**Mind in Mid Herts**	WelHat & LLV	Mental Health Support & Counselling	https://www.mindinmidherts.org.uk/	admin@mindinmidherts.org.uk	03303 28100
Clubs	**Herts Vision Loss**	Countywide	List of local clubs for blind and partially sighted people in different areas of Hertfordshire	https://hertsvisionloss.org.uk/social-clubs/	See website for contact details of differ	See website for contact details of different groups
Volunteering	**Mind in Mid Herts**	WelHat & LLV	Volunteer opportunities within Mind	https://www.mindinmidherts.org.uk/	admin@mindinmidherts.org.uk	03303 28100
Mental Health/Counselling	**Mind in Mid Herts**	Stevenage/North Herts	Mental Health Support & Counselling	https://www.mindinmidherts.org.uk/	admin@mindinmidherts.org.uk	03303 28100

Clubs	**Howard Garden Centre**	Stevenage/North Herts	Social club for people aged 50 plus, with lunch provided from Monday to Friday (£3.75).	www.howardgardensocialcentre.org	howard.gardens@bticonnect.com	01462 682524
Volunteering	**Mind in Mid Herts**	Stevenage/North Herts	Volunteer opportunities within Mind	https://www.mindinmidherts.org.uk/	admin@mindinmidherts.org.uk	03303 28100
Mental Health/Counselling	**Mind in Mid Herts**	St Albans	Mental Health Support & Counselling	https://www.mindinmidherts.org.uk/	admin@mindinmidherts.org.uk	03303 28100
Clubs	**Isabel Hospice**	WelHat & LLV	Isabel Hospice provides family support, physio, complementary therapy, counselling and groups for anyone over 18 who has been diagnosed with a terminal or life limiting illness	https://www.isabelhospice.org.uk/what-we-do/living-well-with-isabel/	enquiries@isabelhospice.org.uk	01707 382500
Exercise	**Mind in Mid Herts**	WelHat & LLV	Mental Health Support & Counselling	https://www.mindinmidherts.org.uk/	admin@mindinmidherts.org.uk	03303 28100
Volunteering	**Mind in Mid Herts**	St Albans	Volunteer opportunities within Mind	https://www.mindinmidherts.org.uk/	admin@mindinmidherts.org.uk	03303 28100
Mental Health/Counselling	**Mind in Mid Herts**	Stort & ULV	Mental Health Support & Counselling	https://www.mindinmidherts.org.uk/	admin@mindinmidherts.org.uk	03303 28100
Clubs	**Isabel Hospice**	Stevenage/North Herts	Isabel Hospice provides family support, physio, complementary therapy, counselling and groups for anyone over 18 who has been diagnosed with a terminal or life limiting illness	https://www.isabelhospice.org.uk/what-we-do/living-well-with-isabel/	enquiries@isabelhospice.org.uk	01707 382500
Exercise	**Mind in Mid Herts**	Stevenage/North Herts	Mental Health Support & Counselling	https://www.mindinmidherts.org.uk/	admin@mindinmidherts.org.uk	03303 28100
Volunteering	**Mind in Mid Herts**	Stort & ULV	Volunteer opportunities within Mind	https://www.mindinmidherts.org.uk/	admin@mindinmidherts.org.uk	03303 28100
Mental Health/Counselling	**Qwell**	Countywide	Online emotional wellbeing and mental health support	https://www.qwell.io/		
Mental Health/Counselling	**Arts on Presciption**	W3R	Stress, anxiety and other circumstances that influence our health and wellbeing affect all of us. Making It Arts on Prescription aims to step in and help you feel empowered and more confident in approaching these issues	https://www.threeriversleisure.co.uk/arts-on-prescription	leisure@threerivers.gov.uk	
Learning Disabilities	**Salmon Club**	St Albans	The Club welcomes new disabled members to our swimming sessions and actively encourages their family members and friends to accompany them in order to share the enjoyment and experience	http://www.salmon-club.org.uk/index.html	membership@salmon-club.org.uk	07775 710822

Learning & Development	**Pioneer Approaches**	Countywide	Working inclusively to deliver: creative training, consultanct, workshops, projects and activities for and with people with learning disabilites and differences	http://pioneerapproaches.co.uk/	ali@pioneerapproaches.co.uk	
Mental Health/Counselling	**Pioneer Approaches**	Countywide	Working inclusively to deliver: creative training, consultanct, workshops, projects and activities for and with people with learning disabilites and differences	http://pioneerapproaches.co.uk/	ali@pioneerapproaches.co.uk	
Learning Disabilities	**Silver Birch Dance Company**	Countywide	runs vibrant all-ability dance, theatre and arts projects all over Hertfordshire and the surrounding area including UV inclusive clubbing	http://silverbirchdance.com/		07922 548944
Directory	**BACP**	Countywide	List of registered therapists that can be searched by area	https://www.bacp.co.uk/search/Therapists		
Mental Health/Counselling	**Trinity Community Project**	St Albans	Tring Community project offers day services and opportunities to people experiencing mental health issues and/or living with a learning disability	http://www.trinitycp.org.uk/	trinitydaycentre@gmail.com	01727 838671
Learning Disabilities	**SPACE**	Countywide	Supporting parent/carers of children and young people on the Autistic Spectrum, with Attention Deficit Hyperactivity Disorder (ADHD) or a related condition	http://www.spaceherts.org.uk/		
Clubs	**Isabel Hospice**	Stort & ULV	Isabel Hospice provides family support, physio, complementary therapy, counselling and groups for anyone over 18 who has been diagnosed with a terminal or life limiting illness	https://www.isabelhospice.org.uk/what-we-do/living-well-with-isabel/	enquiries@isabelhospice.org.uk	01707 382500
Long Term Conditions	**Watford FC Community & Sports Education Trust**	W3R	Multiple projects to support people with health/mental health issues, helping them to become active	https://www.watfordfccsetrust.com/		
Addiction	**Breaking Free**	Countywide	Breaking Free from substance use	https://www.breakingfreeonline.com/		
Mental Health/Counselling	**SANE**	Countywide	We believe that no-one affected by mental illness should face crisis, distress or despair completely alone	http://www.sane.org.uk/	support@sane.org.uk	07984 967 708

Mental Health/Counselling	**SilverCloud**	Countywide	Is a free online self-help programme that is proven to help with anxiety, stress and depression. This programme is free for residents of Hertfordshire and Essex to use, with the access code: HPFT2020.	https://nhs.silvercloudhealth.com/		
Mobility Equipment	**Millbrook Health Care**	Countywide	The service provides assessments for people with mobility and other postural problems, supplying wheelchairs, pressure care cushions and accessories for wheelchairs	https://millbrookhealthcare.co.uk/pages/hertfordshire-wcs	millbrook.healthcare1@nhs.net	0333 234 0303
Mobility Equipment	**Elite Mobility**	Countywide	Here at Elite Mobility, we're determined that you should always receive the highest levels of service and the biggest and best choice of products	https://elitemobility.co.uk/	info@elitemobility.co.uk	0800 169 5910
Mobility Equipment	**Motability Scheme**	Countywide	The Motability Scheme helps you get mobile by exchanging your qualifying mobility allowance to lease a new affordable car, Wheelchair Accessible Vehicle, scooter or powered wheelchair.	https://www.motability.co.uk/		0300 456 4566
Mobility Equipment	**Wheel Freedom**	Countywide	Wheelfreedom are one of the UK's leading mobility specialists, providing exceptional service for over 14 years	https://www.wheelfreedom.com/		0800 025 8005
LGBTQIA	**Galop**	Countywide	Our team has decades of experience in supporting LGBT+ people who are victims of domestic abuse, sexual violence, hate crime, so-called conversion therapies, honour-based abuse, forced marriage, and other forms of abuse	https://galop.org.uk/	help@galop.org.uk	National LGBT+ Domestic Abuse Helpline 0800 999 5428 / LGBT+ Hate Crime Helpline 020 7704 2040
Domestic Violence	**Galop**	Countywide	Our team has decades of experience in supporting LGBT+ people who are victims of domestic abuse, sexual violence, hate crime, so-called conversion therapies, honour-based abuse, forced marriage, and other forms of abuse	https://galop.org.uk/	help@galop.org.uk	National LGBT+ Domestic Abuse Helpline 0800 999 5428 / LGBT+ Hate Crime Helpline 020 7704 2040

Housing/Homelessness	**Catalyst Housing**	Countywide	We are a leading provider of supported housing in Bedfordshire and Hertfordshire. We make a difference to the lives of over 600 people living in our homes and in partnership with other supported living providers.	https://www.chg.org.uk/find-a-home/homes-to-rent/supported-housing/		
Mental Health/Counselling	**Catalyst Housing Floating Support**	St Albans	Our Floating Support service provides a holistic package of support to vulnerable people to enable them to maintain their tenancy and independence. The service offers flexible, short-term housing support to people for a maximum of two years	https://www.chg.org.uk/find-a-home/homes-to-rent/supported-housing/hertfordshire-floating-support-service/		01582 869320
Mental Health/Counselling	**Catalyst Housing Floating Support**	WelHat & LLV	Our Floating Support service provides a holistic package of support to vulnerable people to enable them to maintain their tenancy and independence. The service offers flexible, short-term housing support to people for a maximum of two years	https://www.chg.org.uk/find-a-home/homes-to-rent/supported-housing/hertfordshire-floating-support-service/		01582 869320
Mental Health/Counselling	**Catalyst Housing Floating Support**	Stevenage/North Herts	Our Floating Support service provides a holistic package of support to vulnerable people to enable them to maintain their tenancy and independence. The service offers flexible, short-term housing support to people for a maximum of two years	https://www.chg.org.uk/find-a-home/homes-to-rent/supported-housing/hertfordshire-floating-support-service/		01582 869320
Mental Health/Counselling	**Catalyst Housing Floating Support**	W3R	Our Floating Support service provides a holistic package of support to vulnerable people to enable them to maintain their tenancy and independence. The service offers flexible, short-term housing support to people for a maximum of two years	https://www.chg.org.uk/find-a-home/homes-to-rent/supported-housing/hertfordshire-floating-support-service/		01582 869320
Housing/Homelessness	**Hightown Housing Association**	Dacorum	Hightown is a charitable housing association (operating in Hertfordshire, Bedfordshire, Buckinghamshire and Berkshire) aiming to help people who need support and care or who cannot afford to buy or rent a home at market values	https://www.hightownha.org.uk/		01442 292300

Housing/Homelessness	**Hightown Housing Association**	St Albans	Hightown is a charitable housing association (operating in Hertfordshire, Bedfordshire, Buckinghamshire and Berkshire) aiming to help people who need support and care or who cannot afford to buy or rent a home at market values	https://www.hightownha.org.uk/		01442 292300
Housing/Homelessness	**Hightown Housing Association**	W3R	Hightown is a charitable housing association (operating in Hertfordshire, Bedfordshire, Buckinghamshire and Berkshire) aiming to help people who need support and care or who cannot afford to buy or rent a home at market values	https://www.hightownha.org.uk/		01442 292300
Housing/Homelessness	**Hightown Housing Association**	Stevenage/North Herts	Hightown is a charitable housing association (operating in Hertfordshire, Bedfordshire, Buckinghamshire and Berkshire) aiming to help people who need support and care or who cannot afford to buy or rent a home at market values	https://www.hightownha.org.uk/		01442 292300
Housing/Homelessness	**Hightown Housing Association**	Hertsmere	Hightown is a charitable housing association (operating in Hertfordshire, Bedfordshire, Buckinghamshire and Berkshire) aiming to help people who need support and care or who cannot afford to buy or rent a home at market values	https://www.hightownha.org.uk/		01442 292300
Housing/Homelessness	**St Albans Home Choice**	St Albans	Apply for the housing register	https://www.stalbanshomechoice.co.uk/		
Housing/Homelessness	**Dacourm Borough Council Housing**	Dacorum	Apply for housing	https://www.dacorum.gov.uk/home/housing/housing-advice-and-options/apply-for-housing		01442 228 000
Housing/Homelessness	**Elderly Accomodation Counsel**	Countywide	Elderly Accommodation Counsel (EAC) is a national charity that aims to help older people make informed choices about meeting their housing and care needs	http://www.eac.org.uk/		

Safety & Security	**Herts Home Safety**	Countywide	Home safety checks	https://www.hertfordshire.gov.uk/services/fire-and-rescue/your-home/fire-safety-in-your-home.aspx	hhss@hertfordshire.gov.uk	01707 292344
Housing/Homelessness	**Home Swapper**	Countywide	HomeSwapper can help you to swap your council or housing association home with other social tenants	https://www.homeswapper.me/		
Mental Health/Counselling	**9 Lives Furniture Charity Shops**	W3R	We run training courses for people who've had mental health problems or have a learning disability.	https://www.9livesfurniture.org.uk/	enquiries@9livesfurniture.org.uk	01923 718666
Learning Disabilities	**Special Olympics**	Countywide	To create and sustain opportunities for people with a learning and or physical disability to become involved and stay involved in sport and physical activity	https://www.specialolympicsgb.org.uk/	Info@sogb.org.uk	+44 (0) 20 7247 8891
Housing/Homelessness	**Open Door St Albans**	St Albans	Open Door supports people who are experiencing homelessness and have been at risk of sleeping rough and runs a shelter	https://opendoorstalbans.org/	info@opendoorstalbans.org	07510 255531
Housing/Homelessness	**Watford Community Housing**	W3R	Finding a home in Watford or arranging repairs/rent payments	https://www.wcht.org.uk/		0800 218 2247
Housing/Homelessness	**YMCA East Herts**	Stort & ULV	Our services include supported housing, an emergency crash-pad facility and personal development programmes as well as information, advice and guidance for career and educational developmen	http://www.oneymca.org	bishopsstortfordhousing@oneymca.org	01279 838 068
Housing/Homelessness	**YMCA Watford**	W3R	Our services include supported housing, an emergency crash-pad facility and personal development programmes as well as information, advice and guidance for career and educational developmen	http://www.oneymca.org	watfordhousing@oneymca.org	01923 353 600
Hoarding	**Rubbish Clearance Hertfordshire**	Countywide	Waste removal & House Clearance. Fully ensured and licensed. Garage, loft, house, garden, office, factory. Same day service, decluttering service, probate service, wait & load service.	www.rubbishclearanceherts.co.uk	enquiries@rubbishclearanceherts.co.uk	07960 983298 01438 215018
Learning Disabilities	**Springboard (North Herts College)**	Countywide	Springboard is for you if you're aged 16-24 and hav	https://www.nhc.ac.uk/study/16-18-learners/springboard/	MWindsor@nhc.ac.uk or MKucper@nh	01462 424242

Children/Families	**Aspergers 4 Herts**	Countywide	Supporting children, adults and family members affected by Aspergers syndrome living in Hertfordshire	http://www.aspergers4herts.org/	Multiple emails please check website	Multiple numbers please check website
Clubs	**James Willis Art**	Countywide	Zoom Art Sessions (Paid for service)	Zoom Art | James Willis (jameswillisart.co.uk)		
Directory	**National Autistic Society (NAS)**	Countywide	The UK's most comprehensive directory of services and support for autistic people.	https://www.autism.org.uk/directory		
Learning Disabilities	**Sunnyside Rural Trust**	Dacorum	Sunnyside Rural Trust was founded in 1990 as a small, horticultural project for young people and adults with learning disabilities. It is now a thriving charity and social enterprise, offering training and work experience for over 130 vulnerable people in the local community.	https://www.sunnysideruraltrust.org.uk/	Email depends on location - please use	Phone number depends on location - please use postcode search on website
Directory	**NHS Service Directory**	Countywide	NHS Service Directory	https://www.nhs.uk/service-search/other-services/		
Learning Disabilities	**Supported Activities Programme**	Stevenage/North Herts	Our aim is to increase skills, confidence and self-esteem for adults with a learning disability, reducing isolation and building community awareness as we work towards a more tolerant and inclusive society.	https://www.supportedactivities.org.uk/	office@supportedactivities.org.uk	07760 232720
Learning Disabilities	**SupportLine**	Countywide	SupportLine provides a confidential telephone helpline offering emotional support to any individual on any issue. The Helpline is primarily a preventative service and aims to support people before they reach the point of crisis. It is particularly aimed at those who are socially isolated, vulnerable, at risk groups and victims of any form of abuse.	https://www.supportline.org.uk/	info@supportline.org.uk	01708 765200
IT Support	**Digitial Inclusion Project (CAD)**	Countywide	**Community Action Dacorum** have launched a new project to help combat digital poverty. **Staying Connected** aims to make use of old laptops and tablets, donated by members of the public, and redistribute them to people who really need it.	https://www.hertsviewpoint.co.uk/news/staying-connected-community-action-dacorums-new-digital-inclusion-project	cindy@communityactiondacorum.org.uk	

Directory	**Hertfordshire Activity Finder**	Countywide	Moving More Activity Finder	https://hsp.activityfinder.net/		
Exercise	**Mind in Mid Herts**	St Albans	Mental Health Support & Counselling	https://www.mindinmidherts.org.uk/	admin@mindinmidherts.org.uk	03303 28100
BAME	**Dacorum Indian Society**	Dacorum	In order to preserve Indian Culture, Language, religion and social structure an organisation under the name of **Friends of India** was formed	https://dacorumindiansociety.co.uk/	dishemel@gmail.com / sunny_patel12(	–07712 499947
BAME	**Dacorum Bangladeshi Welfare Association**	Dacorum	The Dacorum Bangladeshi Welfare Association (DBWA), based in Hemel Hempstead, has been active since 2005 supporting services for the diverse Hemel Muslim community.	https://www.dbwa.org.uk/	Wazid - wazid.islam@gmail.com	0759 037 9930
BAME	**Dacorum Chinese School Association**	Dacorum	The aim of the school is to provide teaching of the Chinese official language, **Mandarin**, for the benefit of both the Chinese and the wider community of Dacorum	http://www.dacorum-chinese-school.org.uk/	info@dacorum-chinese-school.org.uk	- 01442 398565
Learning & Development	**Dacorum Chinese School Association**	Dacorum	The aim of the school is to provide teaching of the Chinese official language, **Mandarin**, for the benefit of both the Chinese and the wider community of Dacorum	http://www.dacorum-chinese-school.org.uk/	info@dacorum-chinese-school.org.uk	- 01442 398565
BAME	**Muskaan Pakistani Ladies Group**	Dacorum		https://rabinamalik.wixsite.com/rmfitness	Musarat - musarat1@communityactior	07738 360 100
BAME	**Icane Foundation**	Dacorum	**Icane Foundation vision is to ensure that every child of African, African Caribbean and dual heritage have equal choices and opportunities to reach their potential. To provide expertise and skills to enable parents to participate positively in their child/children's education.**	https://www.icane.co.uk/	ICANE-FOUNDATION@outlook.com	01442 258 898
BAME	**Dacorum Interfaith Network**	Dacorum		https://www.facebook.com/DacorumInterfaith		Eileen Martin – 07799
BAME	**Borehamwood Islamic Society**	Hertsmere	Serving the community of Elstree & Borehamwood	https://bisuk.org/	info@bisuk.org / Amir Choudhury - am	07784 693360
BAME	**Hertsmere Jewish Primary School**	Hertsmere	**Hertsmere Jewish Primary School**	https://www.hjps.herts.sch.uk/	admin@hjps.herts.sch.uk	01923 855857

Children/Families	**Icane Foundation**	Dacorum	**Icane Foundation vision is to ensure that every child of African, African Caribbean and dual heritage have equal choices and opportunities to reach their potential. To provide expertise and skills to enable parents to participate positively in their child/children's education.**	https://www.icane.co.uk/	ICANE-FOUNDATION@outlook.com	01442 258 898
Children/Families	**Hertsmere Jewish Primary School**	Hertsmere	**Hertsmere Jewish Primary School**	https://www.hjps.herts.sch.uk/	admin@hjps.herts.sch.uk	01923 855857
BAME	**Watford African & Caribbean Association**	W3R	The Watford African Caribbean Association ("WACAS") is a small charitable organisation that uses local knowledge and decades of experience to transform the lives of the vulnerable, the elderly and children, whilst preserving African and Caribbean traditions	https://www.wacas.org.uk/	hello@wacas.org.uk / clive@wacas.org	01923 750975
BAME	**One Vision**	W3R	**Our Vision** is to make our society better, fairer, safer, and more united by the contributions of every community to local decisions	https://www.onevisionproject.org/programmes/one-voice/	info@ovwatford.org	01923 372699
Clubs	**Jimmy Mac's**	WelHat & LLV	Activities, lunch and information and advice for retired and disabled	http://www.jimmymacs.org.uk/		01707 270068, 07785 541064
Clubs	**Kingfisher Club**	Stevenage/North Herts	Activities and Lunch		laura.mill@howard-cottage.co.uk	Laura Mills - 01462 675512
Clubs	**Kings Community Church**	WelHat & LLV	An established church where people from various backgrounds, ages and nationalities meet for worship. Meet every Sunday at Onslow St Audrey School in Hatfield from 10.30am		kcchatfield@hotmail.co.uk	For more information please contact Lizzie Stacey on 01707 256100
Clubs	**Kings Langley Good Neighbours**	Dacorum	Provides voluntary services, such as transport to surgeries and hospitals, simple DIY, visiting and a weekly Lunch Club, for people in the village who have needs caused by age, ill-health, disability or inadequate resources	https://www.klgna.org/		07527 907128
Exercise	**Mind in Mid Herts**	Stort & ULV	Mental Health Support & Counselling	https://www.mindinmidherts.org.uk/	admin@mindinmidherts.org.uk	03303 28100
Exercise	**Move It or Lose It**	Countywide	Chair Based Exercises for seniors	http://www.moveitorloseit.co.uk/chair-based-exercises/		

Clubs	**Lemsford Old Friends Club**	WelHat & LLV	Social functions throughout the year for the over 60's. During the summer there is an afternoon tea and a coach outing to the seaside or places of interest.			01707 323375
Clubs	**Letchworth Centre for Healthy Living**	Stevenage/North Herts	The Centre is about health promotion and illness prevention; about empowering people of all ages and backgrounds with tools and techniques to enable them to take responsibility for their own health.	www.letchworthcentre.org	Rebeccaskeel@letchworthcentre.org	01462 678804
Clubs	**Lunch Club**	Stevenage/North Herts	Timebridge Community Centre			01438 355458
Clubs	**Mind in Mid Herts**	WelHat & LLV	Mental Health Support & Counselling	https://www.mindinmidherts.org.uk/	admin@mindinmidherts.org.uk	03303 28100
Clubs	**Mind in Mid Herts**	Stevenage/North Herts	Mental Health Support & Counselling	https://www.mindinmidherts.org.uk/	admin@mindinmidherts.org.uk	03303 28100
Clubs	**Mind in Mid Herts**	St Albans	Mental Health Support & Counselling	https://www.mindinmidherts.org.uk/	admin@mindinmidherts.org.uk	03303 28100
Clubs	**Mind in Mid Herts**	Stort & ULV	Mental Health Support & Counselling	https://www.mindinmidherts.org.uk/	admin@mindinmidherts.org.uk	03303 28100
Clubs	**Monday Club**	Stevenage/North Herts	Monday Club (Senior Citizen's Bingo Club)			01438 210876 or centre 01438 357715
Clubs	**Open Door Berkhamsted**	Dacorum	Open Door is a community and arts space on Berkhamstead high street where you can be active, creative and social, whatever your circumstances	https://www.opendoorberkhamsted.co.uk/	info@opendoorberkhamstead.co.uk	01442 768120
Clubs	**Over 50s friendship Group**	Stevenage/North Herts	The Oval Community Centre Mondays Coffee afternoons			Rose Hall 01438 356963
Exercise	**Moving Medicine**	Countywide	Tips for recovery from Covid-19	https://movingmedicine.ac.uk/covidrecovery/		
Exercise	**Nifty Fifties**	Stevenage/North Herts	Shephall Community Centre			Claire on 07747 868387
Exercise	**Public Health England**	Countywide	Active at home - bookelt for older adults on home based exercises to maintain strength and balance	https://campaignresources.phe.gov.uk/resources/campaigns/50-resource-ordering/resources/5118		

Exercise	**Salmon Club**	St Albans	The Club welcomes new disabled members to our swimming sessions and actively encourages their family members and friends to accompany them in order to share the enjoyment and experience	http://www.salmon-club.org.uk/index.html	membership@salmon-club.org.uk	07775 710822
Exercise	**Sea Lion Swimming Club**	W3R	Sea Lion Swiming Club is open to anyone with a permanent of temporary disabilty and their families/carers	https://www.sealionswimmingclub.org.uk/	sealionswimmingclub04@gmail.com	0845 6216600
Exercise	**Senior Keep Fit**	Stevenage/North Herts	Hampson Park Community Centre	www.hampsonparkcc.co.uk		01438 354662
Gardening	**Wheathampstead Community Group**	St Albans	We can provide practical help e.g. DIY or gardening for those unable to cope with it themselves	https://wheathampsteadwcg.org/		07539 176481
Learning Disabilities	**The Inclusion Project**	Countywide	Social and community for all, particularly people with Learning Disabilities	https://inclusionproject.co.uk/		
Day Centres	**HCC Day Services**	Countywide	HCC Day Services	https://www.hertfordshire.gov.uk/services/adult-social-services/day-services-and-activities/day-services-in-hertfordshire.aspx		
Exercise	**Silver Birch Dance Company**	Countywide	runs vibrant all-ability dance, theatre and arts projects all over Hertfordshire and the surrounding area including UV inclusive clubbing	http://silverbirchdance.com/		07922 548944
Dementia	**The Red Shed**	Stevenage/North Herts	Providing garden activities and experiences to benefit people living with Dementia, their carers and families	http://www.theredshed.garden/	info.theredshed@gmail.com	
Clubs	**Over 60s Lunch Club**	Stevenage/North Herts	Lunch club			01462 473100
Clubs	**Parkinsons**	Countywide	Whether you have Parkinson's or you care for someone who does, you can get the information and support that's right for you.	https://www.parkinsons.org.uk	See website for contact details of differ	See website for contact details of different groups
Exercise	**Special Olympics**	Countywide	To create and sustain opportunities for people with a learning and or physical disability to become involved and stay involved in sport and physical activity	https://www.specialolympicsgb.org.uk/	Info@sogb.org.uk	+44 (0) 20 7247 8891

Learning Disabilities	**Trinity Community Project**	St Albans	Tring Community project offers day services and opportunities to people experiencing mental health issues and/or living with a learning disability	http://www.trinitycp.org.uk/	trinitydaycentre@gmail.com	01727 838671
Clubs	**PHAB**	Stevenage/North Herts	Phab inspires and supports disabled and non-disabled children, young people and adults to make more of life together - breaking down community barriers, reducing social isolation, and creating opportunities for all involved to enjoy the same activities and challenges side by side.	https://www.phab.org.uk/about-us-what-we-do	info@phab.org.uk	020 8667 9443
Clubs	**PHAB**	W3R	Phab inspires and supports disabled and non-disabled children, young people and adults to make more of life together - breaking down community barriers, reducing social isolation, and creating opportunities for all involved to enjoy the same activities and challenges side by side.	https://www.phab.org.uk/about-us-what-we-do	info@phab.org.uk	020 8667 9443
Learning Disabilities	**Turning Point**	Countywide	The Hertfordshire Carers Support Service aims to provide a service that improves emotional wellbeing and outcomes for any adult carer living in Hertfordshire.	www.turning-point.co.uk/services/herts	hcssinfo@turning-point.co.uk	01438 211185
Exercise	**Strength & Balance Classes**	Countywide	To improve strength and balance	https://sportinherts.org.uk/physical-activity-for-wellbeing/strengthandbalance/	hannahm@stevenagefc.com.	01438 223223
Clubs	**PHAB**	St Albans	Phab inspires and supports disabled and non-disabled children, young people and adults to make more of life together - breaking down community barriers, reducing social isolation, and creating opportunities for all involved to enjoy the same activities and challenges side by side.	https://www.phab.org.uk/about-us-what-we-do	info@phab.org.uk	020 8667 9443

Clubs	**PHAB**	Countywide	(Check website for club details) Phab inspires and supports disabled and non-disabled children, young people and adults to make more of life together - breaking down community barriers, reducing social isolation, and creating opportunities for all involved to enjoy the same activities and challenges side by side.	https://www.phab.org.uk/phab-clubs-our-phab-clubs	Check website for club contact details	Check website for club contact details
Clubs	**Reengage**	Countywide	Social Groups for over 75's	https://www.reengage.org.uk/	info@reengage.org.uk	0800 716543
Dementia	**Dementia Club**	Stort & ULV	The Hub Church Hall - Activity group for people with mild to mdoerate dementia		debbie.baker@cst.today	Tel:07904 198309
Clubs	**Riding for the Disabled Association**	WelHat & LLV	Digswell place is a purpose built, voluntarily run riding stable for adults and children with most kinds of disability. It's to give the opportunity of riding to any disabled person who might benefit in their health and well-being		info@digswellplacerda.org.uk	contact Caroline on 01707 332159 or 07957 980604
Clubs	**Rosedale Community Church 50+ Club**	WelHat & LLV	Social afternoon for 50+'s			Rev. Bethany Green 01992 623835 & Sheila Woods 01992 427792
Clubs	**Royal British Legion**	Countywide	The Legion is here to help members of the Royal Navy, British Army, Royal Air Force, veterans and their families.	https://www.britishlegion.org.uk/	info@britishlegion.org.uk	Call us on 0808 802 8080. Lines are open from 8am-8pm every day.
Clubs	**Salmon Club**	St Albans	The Club welcomes new disabled members to our swimming sessions and actively encourages their family members and friends to accompany them in order to share the enjoyment and experience	http://www.salmon-club.org.uk/index.html	membership@salmon-club.org.uk	07775 710822

Clubs	**Sarah's Stroke and Communication Group**	WelHat & LLV	First Saturday of every month at The North Star pub in Welwyn from 11am-1pm. This group was set up in alliance with the Stroke Association to support people of working age who have had a stroke or head injury which results in aphasia – communication difficulties after a brain injury.		sarahsstrokegroup@hotmail.co.uk.	contact Joanie Scott on 07808 829334
Exercise	**Tea Dances**	Stevenage/North Herts	Timebridge Community Centre			01438 355458
Clubs	**Sea Lion Swimming Club**	W3R	Sea Lion Swiming Club is open to anyone with a permanent of temporary disabilty and their families/carers	https://www.sealionswimmingclub.org.uk/	sealionswimmingclub04@gmail.com	0845 6216600
Exercise	**The Ayuryoga Project**	Countywide	Join our free weekly yoga & breathing classes every Wednesday from 6.30pm - 8pm	Sessions — The Ayuryoga Project (ayuryoga-programmes.co.uk)	ayuryoga4health@gmail.com	
Learning Disabilities	**Watford Workshop**	W3R	Watford Workshop is proud to have been providing supported employment, work and life skills training to adults with disabilities since 1964	https://watfordworkshop.co.uk/	enquiries@watfordworkshop.co.uk	01923 220 256
Clubs	**Shephall Centre Luncheon Club**	Stevenage/North Herts	We offer a varied and nutritional menu consisting of Dinner, Pudding and Tea or Coffee			01438 351666
Learning Disabilities	**Work Solutions**	Countywide	Supported Employment helps people with learning, physical or sensory disabilities or autism find and stay in work	https://www.hertfordshire.gov.uk/services/adult-social-services/money-and-benefits-advice/work-solutions-help-finding-a-job/supported-employment.aspx#DynamicJumpMenuManager_2_Anchor_6	Email depends on location - please use	Phone number depends on location - please use postcode search on website
Exercise	**This Girl Can**	Countywide	Home Exercise	https://www.thisgirlcan.co.uk/activities/home-exercise/		
Clubs	**Sight Life**	WelHat & LLV	Social Club for young people, 18 and overs. Quiz, talk session, entertainment, tea and cake. Every other Wednesday morning 10.00am-12.00pm at The Woodside Centre, The Commons, Welwyn Garden City, Hertfordshire, AL7 4SE.		sightlife@hotmail.co.uk	07825 992950

Clubs	**Special Olympics**	Countywide	To create and sustain opportunities for people with a learning and or physical disability to become involved and stay involved in sport and physical activity	https://www.specialolympicsgb.org.uk/find-a-club	See website for club contact details	See website for club contact details
Clubs	**Stroke Association**	Countywide	We're here to support people to rebuild their lives after stroke. We believe everyone deserves to live the best life they can after stroke. Provide support, information & advice as well as groups	https://www.stroke.org.uk/finding-support/support-groups	Check website for club contact details	Check website for club contact details
Clubs	**The Thursday Club**	WelHat & LLV	2nd Thursday of the month 2pm – 4pm At Guessens Grove Hall, Guessens Road, Welwyn Garden City.			Contact – Mrs Vera Weeden on 01707 3 27370
Clubs	**Thorley Open Door Senior Citizens**	Stevenage/North Herts	Emmaus Centre - mixed social club for the over 60's		evewhale@hotmail.com	01279 503715
Clubs	**Trinity Community Project**	St Albans	Tring Community project offers day services and opportunities to people experiencing mental health issues and/or living with a learning disability	http://www.trinitycp.org.uk/	trinitydaycentre@gmail.com	01727 838671
Clubs	**Tuesday Allsorts**	WelHat & LLV	to combat the nation's problem of social isolation and loneliness. The group runs on the 2nd Tuesday of every month at Welwyn Garden City Library. It provides individuals with the opportunity to drop in and have a tea/coffee, meet new people and take part in quizzes and activities. The group also receives visits from guest speakers and organisations.			Ross Pinner, The Campus, Welwyn Garden City 0300 123 4049
Exercise	**Tring Beavers Disabled Swimming Group**	W3R	The aim of this sports club is to provide swimming and exercise for the actively disabled and to help physically disabled people to become more active through exercise in water		susanlanning124@btinternet.com	01442 822903
Exercise	**Walking Football**	Countywide	Directory of walking footbal groups/sessions	https://www.walkingfootball.com/directory/		
Exercise	**Watford FC Community & Sports Education Trust**	W3R	Multiple projects to support people with health/mental health issues, helping them to become active	https://www.watfordfccsetrust.com/project/active-watford-three-rivers/	alison.goodchild@watfordfc.com	07710 096398

Exercise	**We Are Undefeatable**	Countywide	Get moving around the home	https://weareundefeatable.co.uk/ways-to-move/get-moving-around-the-home		
Day Centres	**Cuffley Day Centre**	WelHat & LLV	Day Centre for the elderly and vulnerable	https://www.cuffleydaycarecentre.co.uk/	info@cuffleydaycarecentre.co.uk	01707 876616
Men In Sheds	**Hatfield's Mens Shed**	WelHat & LLV	Our Shed works on the NHS 5 steps to Mental Wellbeing these are: Connect, Be Active, Keep Learning, Give to others, be Mindful.	https://menssheds.org.uk/	hatfieldmen@outlook.com	07941 660417
Sight Loss/Vision	**Work Solutions**	Countywide	Supported Employment helps people with learning, physical or sensory disabilities or autism find and stay in work	https://www.hertfordshire.gov.uk/services/adult-social-services/money-and-benefits-advice/work-solutions-help-finding-a-job/supported-employment.aspx#DynamicJumpMenuManager_2_Anchor_6	Email depends on location - please use	Phone number depends on location - please use postcode search on website
Clubs	**Unforgettable Experiences**	Countywide	*Unforgettable Experiences* is a Darlington-based community interest company that has recently launched a brand-new service to help older people, particularly those living with mental health and wellbeing concerns, including dementia and neurological conditions, by delivering and connecting them with interactive and creative arts, cultural, and heritage courses online.		emmab@unforgettableexperiences.org	Emma Bryan on 01325 238007
Hearing Loss/Hearing	**Welwyn Hatfield Deaf Club**	WelHat & LLV	Last Friday of every month from 7.00-9.00pm. No Club night in December. Ludwick Family Centre, Hall Grove, Welwyn Garden City, AL7 4PH	Find on Facebook https://www.facebook.com/WelwynHatfieldDeafClub/		
Clubs	**Voluntary Arts**	Countywide	Information and advice on wide range of art activites	https://www.voluntaryarts.org/umbrella-bodies		
Clubs	**Walking Football**	Countywide	Directory of walking footbal groups/sessions	https://www.walkingfootball.com/directory/		
Clubs	**Waltham Cross Over 60's Club**	WelHat & LLV	The club offers friendly social contact on a weekly basis		sheila@farmer112.fsnet.co.uk.	Sheila Farmer on 01992 637881

Dementia	**Dementia Friendly Community Cafe**	WelHat & LLV	Every other Tuesday from 11am-2pm at Digswell Village Hall, 30 Harmer Green Lane, Welwyn AL6 0AT. Socialise and befriend, various activities, refreshments available	www.homeinstead.co.uk/welwyn		contact Jane on 01707 240650
Clubs	**Welwyn Friendship over 60s club**	WelHat & LLV	A Club for the Young in Heart! to enjoy Friendship, Tea, Whist, Dominos, Bingo, or even to chat. Younger people are welcome too.			01438 714859
Clubs	**Welwyn Garden City Rotary Club**	WelHat & LLV	The club meets at The View (Panshanger Golf Club) on Tuesdays from 12:30-2pm except for the last Tuesday of the month when meetings are held from 6.30pm-9pm. The club also meets from 7.30am-8.30am on 1st and 3rd Thursday of each month at Moreno's Café in WGC town centre opp Sainsbury.		waltons75@ntlworld.com	contact John Walton on 01707 890790
Exercise	**WheelPower - British Wheelchair Sports**	Countywide	WheelPower, is the national organisation for wheelchair sport in the United Kingdom, and exists to provide, promote and develop opportunities for men, women and children with disabilities to participate in recreational and competitive wheelchair sport	https://www.wheelpower.org.uk/	info@wheelpower.org.uk	01296 395995
Learning Disabilities	**YC Herts (formerly Youth Connexions**	Countywide	Young people can get involved in youth work projects in their area, and get information, advice and guidance on a range of issues from our Access Points.	https://www.servicesforyoungpeople.org/support-for-young-people/	sfyp@hertfordshire.gov.uk	0300 123 7538
Clubs	**Westmill Lunch Club for Over 55's**	Stevenage/North Herts	Two course lunch provided at the community centre			Mrs Delia Dixon 01462 452 098
Clubs	**Wheathampstead Community Group**	St Albans	We run a lunch club and an internet cafe	https://wheathampsteadwcg.org/		07539 176481
	Watford Interfaith Association	W3R	We seek to implement the values of inter-faith dialogue and translate them into practical action in the diverse area of Watford and South West Hertfordshire	http://www.wifa.org.uk/	Judith - brunijh@aol.com / wifasec@aol.com	

	Home Start	W3R	BAME Contacts - Karen Watkin / Michaela Foster-Osbourne	https://home-startwatford.org.uk/	karenwatkin@home-startwatford.org.uk / michaela.foster-osborne@home-startwatford.org.uk	
BAME	**Watford Women's Centre**	W3R	We recognise that the challenges women face can often be complex and overwhelming, and we strive to reduce gender inequality, build trusting relationships and empower women to become independent, productive and healthy.	https://wwcplus.org.uk/	laura@watfordwomenscentre.org.uk/ Martha Kimuyu-Migrant & Ethnic Minority Domestic Abuse CaseWorker Martha@watfordwomenscentre.org.uk	Call: 01923 816 229 between 9:30am-4:30pm
BAME	**Red Trust Bushey**	W3R	The Red Trust helps to build community in the Little Reddings area of Bushey. Runs a food bank and cafe	https://redtrustbushey.org/	natasha@redtrustbushey.org	079484 802893
BAME	**Watford Gym**	W3R	BAME Contact		Saud Hafiz - saud.hafiz07@gmail.com	
BAME	**CAB**	St Albans	BAME Contact	https://citizensadvicestalbans.org.uk/	debbie.harris@castad.org.uk	
BAME	**Active Lifestyles**	St Albans	Active Lifestyles is a voluntary organisation that manages the Caribbean Luncheon Club in St Albans	https://www.activelifestyles.org.uk/	Andrene McDonald - amcdonald9@nhs.net / 01727	amcdonald9@nhs.net
BAME	**St Albans for Refugees**	St Albans	Organisation to support refugees	https://stalbansforrefugees.org/	enquiries@stalbansforrefugees.org	
BAME	**The Adda Club**	St Albans	our aim of The Adda Club will be to promote and share Bangladeshi cultural, social and linguistic traditions within St Albans and the surrounding areas	http://theaddaclub.co.uk/	monirali@aol.com	
BAME	**Sopwell Community Trust**	St Albans	Providing food aid, baby items, educational intervention, free sport activities for youth and financial support for disadvantaged families across St Albans	https://www.facebook.com/SopwellCommunityTrust/about/	sopwellct@gmail.com	
BAME	**Albayyinah School**	St Albans	Our aim is to give our students a sense of identity as Muslims and to provide them with an understanding of Islam that prepares them to live, study and work in a multi-cultural, multi-faith Britain and contribute positively to the wider society	http://www.albayyinah.co.uk/	info@albayyinah.co.uk / Omar - omar@albayyinah.co.uk	

BAME	**Salaam Women's Café**	St Albans	Womens Cafe	https://www.facebook.com/salaamwomenscafe/	salaam.womenscafe@gmail.com	
BAME	**St Albans Amnesty**	St Albans	We are Amnesty International UK. We work to protect people wherever justice, freedom, truth and dignity are denied	https://www.amnesty.org.uk/groups/st-albans	stalbansamnesty@gmail.com	
BAME	**Hertfordshire Asian Women's Association - HAWA**	St Albans	We are a group of women, who care about our community and are passionate about supporting women to reach their maximum potential as individuals within our community	http://hawaherts.co.uk/	hawaherts@gmail.com	
BAME	**Hertswise**	Countywide	Hertswise BAME contact	https://hertswise.org.uk/	Diversity.Champion@hertswise.org.uk	
BAME	**Bosnia and Herzegovina Community Association in Hertfordshire**	Countywide	Bosnia and Herzegovina Community Association in Hertfordshire	https://www.facebook.com/BiHCAH1998/	bihcah.hertfordshire@outlook.com / Dzemal Paratusic - dzemal.paratusic@hertfordshire.gov.uk / Aldijana Paratusic - aldijana_88@hotmail.com	
BAME	**Polish Schools in Hertfordshire**	Countywide	Polish Schools in Hertfordshire - Michal Siewniak / Aneta Skiba from CAD		michal@cvsbeh.org / michal.siewniak1@gmail.com / aneta@communityactiondacorum.org.uk / anna.skiba1005@gmail.com	
BAME	**Herts Welcome Refugees**	Countywide	Welcoming and supporting refugees in Hertfordshire	https://www.hwsf.org.uk/	Irene Austin- chair@hwsf.org.uk	
BAME	**Herts County Council**	Countywide	HCC BAME Contacts - Carol Young - BAME Strategy Project Manager - Carol.Young1@hertfordshire.gov.uk / Corinne Crosbourne - BAME Mental Health Lead - Corinne.Crosbourne@hertfordshire.gov.uk / Charaluta Joshi - Equality & Diversity Officer - Charulata.Joshi@hertfordshire.gov.uk / Faizal Hakim - Equality & Diversity Team - Faizal.Hakim@hertfordshire.gov.uk			

BAME	**Hertfordshire Black Diaspora**	Countywide	At Hertfordshire Black Diaspora, we understand that there are a lot of people who need social aid, and we are ready to provide our services to the people of the Hertfordshire area who may find themselves in a tight spot or in need of support	https://hertfordshire-black-diaspora.ueniweb.com/?utm_campaign=gmb	weare@hertfordshireblackdiaspora.org.uk	
BAME	**Herts Equality Council**	Countywide	Herts Equality Council	https://www.facebook.com/HERTSEC/	info@hertsequality.org / hertsequalitycouncil@gmail.com	
BAME	**Brick by Brick CIC**	Countywide	Fighting poverty and inequality in all its forms	https://www.bbbcommunities.com/	info@bbbcommunities.com / Andrea Hayes - Andreahayes9@hotmail.com	
BAME	**Carers in Herts**	Countywide	BAME Contact	https://www.carersinherts.org.uk/	Kava Johnson – BAME Project Development Officer - Contact: Kava.Johnson@carersinherts.org.uk	
BAME	**Portuguese Language Project in Herts**	Countywide	Portuguese Language Project in Herts		Paulo Goncalves - pauloiii@googlemail.com	
BAME	**Herts Interfaith Association**	Countywide	Herts Interfaith Forum is set up for the use of all faith organisations to share good ideas, promote community cohesion, understanding and respect.	https://e-voice.org.uk/hertsinterfaithhub/	Reynold Rosenberg - reynoldrosenberg@yahoo.co.uk / equalities@hertfordshire.gov.uk	
BAME	**Community Engagement Officers**	Dacorum	Helen Roe-Wooton		Helen.Roe-Wotton@dacorum.gov.uk	
BAME	**Community Engagement Officers**	W3R	Craig Spencer		Craig.Spencer@threerivers.gov.uk	
BAME	**Community Engagement Officers**	Hertsmere	David Golding / James Jeffery		David.Golding@hertsmere.gov.uk / James.Jeffrey@hertsmere.gov.uk	
BAME	**Community Engagement Officers**	St Albans	Peggy Sharp		peggy.sharp@stalbans.gov.uk	
BAME	**Community Engagement Officers**	W3R	Sharon Bailey		Sharon.Bailey@watford.gov.uk	

BAME	**Healthy Hubs BAME Contacts**	Dacorum	Tyler Osbourne		Tyler.Osborne@dacorum.gov.uk	
BAME	**Healthy Hubs BAME Contacts**	W3R	Freddy Chester / Jane		freddy.chester@threerivers.gov.uk / Healthyhub@ascend.org.uk	
BAME	**Healthy Hubs BAME Contacts**	Hertsmere	Lee Bruce		Lee.Bruce@inspireall.com / healthyhub@communities1st.org.uk	
BAME	**Healthy Hubs BAME Contacts**	St Albans	Jessica Woodcock		Jessica.Woodcock@stalbans.gov.uk	
BAME	**Healthy Hubs BAME Contacts**	W3R	Alison / Katie		healthyhub@watfordwomenscentre.org.uk / watfordhealthyhub@hertsmindnetwork.org	
Domestic Violence	**Watford Women's Centre**	W3R	We recognise that the challenges women face can often be complex and overwhelming, and we strive to reduce gender inequality, build trusting relationships and empower women to become independent, productive and healthy.	https://wwcplus.org.uk/	general@watfordwomenscentre.org.uk	Call: 01923 816 229 between 9:30am-4:30pm
Mental Health/Counselling	**Watford Women's Centre**	W3R	We recognise that the challenges women face can often be complex and overwhelming, and we strive to reduce gender inequality, build trusting relationships and empower women to become independent, productive and healthy.	https://wwcplus.org.uk/	general@watfordwomenscentre.org.uk	Call: 01923 816 229 between 9:30am-4:30pm
Employment	**Watford Women's Centre**	W3R	We recognise that the challenges women face can often be complex and overwhelming, and we strive to reduce gender inequality, build trusting relationships and empower women to become independent, productive and healthy.	https://wwcplus.org.uk/	general@watfordwomenscentre.org.uk	Call: 01923 816 229 between 9:30am-4:30pm

Learning & Development	**Watford Women's Centre**	W3R	We recognise that the challenges women face can often be complex and overwhelming, and we strive to reduce gender inequality, build trusting relationships and empower women to become independent, productive and healthy.	https://wwcplus.org.uk/	general@watfordwomenscentre.org.uk	Call: 01923 816 229 between 9:30am-4:30pm
Food/Shopping	**Red Trust Bushey**	W3R	The Red Trust helps to build community in the Little Reddings area of Bushey. Runs a food bank and cafe	https://redtrustbushey.org/	natasha@redtrustbushey.org	079484 802893
Clubs	**Active Lifestyles**	St Albans	Active Lifestyles is a voluntary organisation that manages the Caribbean Luncheon Club in St Albans	https://www.activelifestyles.org.uk/	Andrene McDonald - amcdonald9@nhs.net / 01727	amcdonald9@nhs.net
Learning & Development	**The Adda Club**	St Albans	our aim of The Adda Club will be to promote and share Bangladeshi cultural, social and linguistic traditions within St Albans and the surrounding areas	http://theaddaclub.co.uk/	monirali@aol.com	
Clubs	**The Adda Club**	St Albans	our aim of The Adda Club will be to promote and share Bangladeshi cultural, social and linguistic traditions within St Albans and the surrounding areas	http://theaddaclub.co.uk/	monirali@aol.com	
Children/Families	**Sopwell Community Trust**	St Albans	Providing food aid, baby items, educational intervention, free sport activities for youth and financial support for disadvantaged families across St Albans	https://www.facebook.com/SopwellCommunityTrust/about/	sopwellct@gmail.com	
Learning & Development	**Sopwell Community Trust**	St Albans	Providing food aid, baby items, educational intervention, free sport activities for youth and financial support for disadvantaged families across St Albans	https://www.facebook.com/SopwellCommunityTrust/about/	sopwellct@gmail.com	
Exercise	**Sopwell Community Trust**	St Albans	Providing food aid, baby items, educational intervention, free sport activities for youth and financial support for disadvantaged families across St Albans	https://www.facebook.com/SopwellCommunityTrust/about/	sopwellct@gmail.com	

Benefits, Finance & Debt	**Sopwell Community Trust**	St Albans	Providing food aid, baby items, educational intervention, free sport activities for youth and financial support for disadvantaged families across St Albans	https://www.facebook.com/SopwellCommunityTrust/about/	sopwellct@gmail.com	
Children/Families	**Albayyinah School**	St Albans	Our aim is to give our students a sense of identity as Muslims and to provide them with an understanding of Islam that prepares them to live, study and work in a multi-cultural, multi-faith Britain and contribute positively to the wider society	http://www.albayyinah.co.uk/	info@albayyinah.co.uk / Omar - omar@albayyinah.co.uk	
Clubs	**Hertfordshire Asian Women's Association - HAWA**	St Albans	We are a group of women, who care about our community and are passionate about supporting women to reach their maximum potential as individuals within our community	http://hawaherts.co.uk/	hawaherts@gmail.com	
Gardening	**Hertfordshire Asian Women's Association - HAWA**	St Albans	We are a group of women, who care about our community and are passionate about supporting women to reach their maximum potential as individuals within our community	http://hawaherts.co.uk/	hawaherts@gmail.com	
Exercise	**Seated Exercise Class Steady Steps**	Stevenage/North Herts	Archer's Fitness Club, Fishponds Road, Hitchin SG5 1HA.			01462 437 111
Clubs	**St Michael's Mount Friendship Club**	Stevenage/North Herts	Chat, drink tea and coffee and play games. Small group with members in 70s 80s and 90s. St Michael's Road, Hitchin SG4 0QY			01462 432635
Clubs	**Hitchin Friendship Club for over 55**	Stevenage/North Herts	Bingo, tea and coffee. People can go for a couple of weeks first to see if they like it, before joining the club. They used to do 7-8 day trips and year plus a holiday, but not at the moment due to Covid. Westmill Community Centre, Rear of John Barker Place, Hitchin, Hertfordshire, SG5 2PG			Contact Vicky Pooley 01462 646554
PA Services	**SmartPA**	Countywide	Virtual assistance and admin service	https://www.smart-pa.com/uk/		0330 202 1110

Benefits, Finance & Debt	**HSBC**	Countywide	We're working with housing and homelessness charities like Shelter to help people without a fixed home address to open a bank account. This gives them a safe place to keep and spend money they get from work or benefits, as well as a way to spend or save towards their future.	https://www.hsbc.co.uk/opportunity/no-fixed-address/		
Housing/Homelessness	**HSBC**	Countywide	We're working with housing and homelessness charities like Shelter to help people without a fixed home address to open a bank account. This gives them a safe place to keep and spend money they get from work or benefits, as well as a way to spend or save towards their future.	https://www.hsbc.co.uk/opportunity/no-fixed-address/		
Long Term Conditions	**Limbless Association**	Countywide	The Limbless Association is a national charity supporting amputees throughout the country. They run a helpdesk, a volunteer visitor programme and have a support and connect outreach team	https://vv.limbless-association.org/	support@limbless-association.org	0800 644 0185
IT Support	**Tesco Reconnect**	Countywide	A phone is supplied to the customer with three months credit. You submit your request by emailing tescomobile.littlehelps@tesco.com referencing Tesco Mobile Reconnects, how it would benefit the service user and what device is needed and they will send one out	https://www.tescomobile.com/reconnects	tescomobile.littlehelps@tesco.com	
Clubs	**Hands On Day Centre**	WelHat & LLV	Hands On Day Centre Is A Day Centre For Adults With Learning Difficulties Or A Disability	https://handsondaycentre.co.uk/	info@handsondaycentre.co.uk	07947 833852
Learning Disabilities	**Hands On Day Centre**	WelHat & LLV	Hands On Day Centre Is A Day Centre For Adults With Learning Difficulties Or A Disability	https://handsondaycentre.co.uk/	info@handsondaycentre.co.uk	07947 833852
Chiropody	**Family Foot Care Clinic**	Dacorum	Registered Chiropodsit & Foot Health Practitioners. They cover Dacorum & Watford/Bushey			07595 398161

Chiropody	**Family Foot Care Clinic**	W3R	Registered Chiropodsit & Foot Health Practitioners. They cover Dacorum & Watford/Bushey			07595 398161
Cleaning/Home Support	**Housekeeping Angels**	Dacorum	Provides weekly or fortnightly service or a one off spring clean. General cleaning.	http://www.housekeepingangels.co.uk/		07889 078857
Cleaning/Home Support	**Age UK Herts**	Dacorum	Help In The Home provides help around the home with general cleaning or household tasks. For Dacorum Watford and St Albans	http://www.ageuk.org.uk/hertfordshire	helpinthehome.sw@ageukherts.org.uk	
Cleaning/Home Support	**Kevin Fuller Maple Cleaning Services**	Dacorum	General cleaning. Weekly or fornightly depending on client's needs. Covers Dacorun, St Albans.	http://maplecleaningservices.co.uk		01442 531100
Cleaning/Home Support	**Lisa Brown**	Dacorum	General Cleaning			07951 111972
Cleaning/Home Support	**Crease Iroing Services**	Dacorum	Ironing service. Local collection and delivery service available.	http://info@creases-ironing.co.uk		01442 243633
Cleaning/Home Support	**Launderette - Kings Langley**	Dacorum	General Cleaning, ironing services, dry cleaning and alterations. Local collection and delivery service available			01923 269409
Cleaning/Home Support	**Launderette - Simply the Best Launderette- Tring.**	Dacorum	Dry cleaning and laundry services. Local collection and delivery service available.			01442 828110
Cleaning/Home Support	**Launderette - Swan**	Dacorum	Laundry service and dry cleaning services. Local collection and delivery service free of charge for pensioners.			01442 255400
Clubs	**Age UK**	Dacorum	Tea and Chat (Young Hearts Club). Monthly social clubs held in lounges of supported housing schemes for older people to meet, socialise, chat and enjoy a variety of activities and entertainment.		mailto:Clubco-ordinator1@ageukdacorum.org.uk	Contact Marie 01442 259049 (Wendnesday 01442 221006)

Gardening	**Tom Scape**	Dacorum	Has carried out work for HCNS clients or Age UK clients in the past, £20 phr NB: HCNS staff cannot recommend any paid for services or Tradespeople. HCNS cannot guarantee rates will remain the same and have no information regarding working practices or reliability. Large clearence £200 for a day			07771 235172
Gardening	**Affordable Gardening Service (Age UK)**	Dacorum	£20 - £17.50 phr. Age UK connection			07919 874579
Grants	**Daorum Community Truts**	Dacorum	Assisting local families and individuals who are disadvantaged through illness, loss of employment of other difficult circumstances. Does not provide cash grants.	https://www.dctrust.org.uk/	rh@dctrust.org.uk	Contact for grants - Rosemary Hall. 01442 253216
Handyperson, Repairs & Tradespeople	**HeatElec**	Dacorum	Offers gas, electrical and plumbing services all under one roof. Services included full central heating installation, bathroom installation, bolier servicing and plumbing installation, kitching fiiting and to testing and inspection.	http://www.heatelec.uk/	info@heatelec.uk	07960 954944 or 01442 386988
Handyperson, Repairs & Tradespeople	**Simon Howard Plumbing & Heating**	Dacorum	Family run business. Heating and plumbing servies.	http://www.simonhoward.net	simon@simonhoward.net	0800 068 6893 or 07850 781084
Handyperson, Repairs & Tradespeople	**Active Plumbing & Heating Solutions Ltd**	Dacorum	Central heating and gas boiler repairs. Can also offer energy efficiant advice, renewable energy and solar heating products	https://www.activephs.co.uk/	service@activephs.co.uk	07921 929922 or 01442 209008
Handyperson, Repairs & Tradespeople	**Ecosource Plumbing & Heating Ltd t/a ES Plumbing & Heating Services**	Dacorum	We offer full plumbing and heating emergency services at prices you can afford.	http://www.esplumbingandheating.co.uk/	info@esplumbingandheating.co.uk	07866 754711
Handyperson, Repairs & Tradespeople	**ETS Electrical and Testing Services Ltd**	St Albans	General electrical services			01727 833375 or 07808 931225

Handyperson, Repairs & Tradespeople	**Electrician Herts Sparky**	Dacorum	Domestic and small buisness electrical services	http://www.herts-sparky.co.uk/	info@herts-sparky.co.uk	07762 647902
Handyperson, Repairs & Tradespeople	**Total Property Servi**	Dacorum	Gas safe registered central heating engineer. Prices by the job not the hour. Plumbing and electrical services.			01442 386988 or 07960 954944
Handyperson, Repairs & Tradespeople	**Greenhills Electric Lt**	Dacorum	Commercial or domestic electrician	https://www.greenhillselectric.co.uk/	greenhillselectric@hotmail.co.uk	01442 264126
Handyperson, Repairs & Tradespeople	**Harvey Mellish Electrical Services**	Dacorum	Commercial and domestic electrician	https://www.harveymellish.co.uk/domestic-electricians/	graham@harveymellish.co.uk	01442 231504 or 07920 127368
Handyperson, Repairs & Tradespeople	**Peter Rhodes**	Dacorum	General electrical services		prelectrical@hotmail.com	07831 429813
Handyperson, Repairs & Tradespeople	**Mark Graddon**	Dacorum	General electrical services			07967 461269
Handyperson, Repairs & Tradespeople	**Clearway Maintenance Ltd**	Dacorum	Gutter cleaning service. Also covers St Albans.	https://www.clearwaymaintenance.co.uk	contact@clearwaypw.co.uk	07551936936 or 01442383299
Handyperson, Repairs & Tradespeople	**Ranguard**	Dacorum	General property maintence services. Includes gutter cleaning, decorating, damp proofing and condensation contol.	https://www.ranguard.co.uk/	ranguard.co.uk@gmail.com	01442 211826 or 07958 722 208
Handyperson, Repairs & Tradespeople	**Ben Gutters Ltd**	Dacorum	Gutter cleaning service.		estimates@bensgutters.com	01442 507888 or 07441 926935
Clubs	**Nash Mills Recreation Centre.**	Dacorum	Hemel Hempstead Model Railway Society Committee. Build and operate model railways. Meet every Tuesday, 19:30 - 22:00	http://hhmrs.co.uk/	mailto:info.hhmrs@yahoo.com	07936 515321
Clubs	**St Mary's Church, Apsley**	Dacorum	Satuday Morning Community Cafe. 10:00 - 12:00. Providing refresments	https://beneficeoflangelei.org.uk/stmarys/st-marys-groups-and-activities/	stmarysapsleyend@gmail.com	01923 266596
Clubs	**Belmont Rd Baptist Church**	Dacorum	Community Lunch Club (for those 60+) – every Wednesday at 12 noon £5.50. Dietary needs taken into account.	https://www.belmontroadbaptist.co.uk/	secretary@belmontroadbaptist.co.uk	7341252977

Clubs	**Senior Souper Club (Age UK)**	Dacorum	Quaker Meeting House, Berkhamsted. Once a month, first Thursday of every month. Healthy eating lunch club for older people. Limited to 15 people, £10.00.	https://www.ageuk.org.uk/dacorum/	adminofficer@ageukdacorum.org.uk	01442 259049
Clubs	**ADEYFIELD COMMUNITY CENTRE**	Dacorum	"Coffee Mates". Meets evey Tuesday for coffee morning. Offer friendship to elderly and disabled people, with volunteer transport when needed. Also a chance to go on free outings.			7808442215
Clubs	**The Centre in the Park**	Dacorum	Recreation centre in Hemel Hempsted and Dacorum. The Centre is a place where the older people of Hemel Hempstead, Dacorum and beyond can come and enjoy company, have a fresh nutritious lunch, play games, surf the net or just chat. Can also include taking part in activities or gentle exercise.	http://www.thecentreinthepark.org.uk/	sally@thecentreinthepark.org	01442 262746
Advice	**PohWER**	Countywide	POhWER is a charity providing information, advocacy and advice services across England, offering direct and local support via Professionals and Volunteers	https://www.pohwer.net/	pohwer@pohwer.net	0300 456 2370
Advice	**Herts Independent Living Services (HILS)**	Countywide	The HILS charity provides a range of services including supporting people to make the right decisions regarding their care and support in Hertfordshire	https://www.hertsindependentliving.org/	info@hertsindependentliving.org	0330 2000 103
Dementia	**Community Dogs for Dementia**	Countywide	Part of wider Dementia Dog project, (a collaboration with Alzheimer Scotland & Dogs for Good). They can provide intevention vists for those in the early stages, montly 'Dog Days' and virtual therapy sessions introduced during Covid.	https://www.dogsforgood.org/community-dog/community-dogs-for-dementia/	info@dogsforgood.org	1295252600
Befriending/Social Isolation	**Fast 24**	St Albans	Practical support provider for adults experincing mental health or emotional difficulties.	http://www.fast24.org.uk/our-services	info@fast24.org.uk	07985 187 781

Befriending/Social Isolation	**Hummingbird Home Help**	St Albans	We are specifically targeting pet care for elderly people who have pets at home, but are finding it difficult to look after the daily care of their pets. Also offers home help for those who do not have pets such as companionship calls, home help and taxi service to and from appointments.	https://www.hummingbirdhomehelp.co.uk/	hummingbirdhomehelp@yahoo.com	7708309812
Befriending/Social Isolation	**Nannies 4 Grannies Ltd**	St Albans	Offering non medical care that includes companionship services, house help services and respite care.	https://nannies4grannies.co.uk/	info@nannies4grannies.co.uk	01582 764305
Gardening	**TC Tree and Garden Service**	Dacorum	Trees felled, topped, trimmed or pruned, also hedge trimming, fencing, overgrown gardens cleared, rubbish removed, turfing. Free estimates, reference available.		tctree@icloud.com	01923 236718 or 07775 707737
Gardening	**Tree Services - Paul Empson**	Dacorum	established 17 years, tree surgery service, stump and root removal, emergeny call outs, logs/woodchips available, free quotes.	https://www.paulempsontreecare.co.uk/	PaulEmpsonTreeCare@Outlook.com	01442 834571 or 07778 288698
Exercise	**Para Dance UK**	W3R	Para Dance UK are delighted to be offering this comprehensive practical guide for individuals and staff in the care sector to help everyone to dance! This offline guide includes easy to follow dances that can be done in the comfort of your own home.	https://paradance.kartra.com/page/OfflineDanceGuide	info@paradance.org.uk	0300 111 30 45
Mental Health/Counselling	**Herts Mind Network - Nightlife**	Countywide	Hertfordshire Mind Network (HMN) provides a countywide out of hour's mental health crisis service, called NightLight. Available 7 days a week, 365 days a year NightLight is here to provide a non-clinical, non-judgemental,welcoming & safe environment for people in crisis or feeling distressed. Also run a crisis cafe and crisis centre	https://www.hertsmindnetwork.org/services-for-adults/crisis-support/		01923 256391
Gardening	**Acespace Clearance**	Dacorum	Garden services and household/rubbish clearances	https://www.acepaceclearance.com/		01442 397928, 07976 287776

Gardening	**A and P Gardening Services**	Dacorum	. Small family business. Petrol jet wash for patios and decking.			07801 440434 or 07709 246677
Gardening	**JMC Gardening Services**	Dacorum	All types of gardening work done, also house, garage or garden clearances, repairs, gutter clearance, trees lopped or felled, jobs individually priced, estimate given in advance. Licensed waste carrier.		Jmcgardenservices@hotmail.com	01442 214510, 07731 575950
Gardening	**Sunnyside Rural Tru**	Dacorum	Our gardening teams are trained to carry out a range of work for private households, businesses and local councils. We offer warden services to both public and private gardens such as grass cutting, litter picking, bin emptying and replacement, minor repairs and monitoring the health of trees.	https://www.sunnysideruraltrust.org.uk/social-enterprise/gardening-warden-services/	mattf@sunnysideruraltrust.org.uk	07460 420022
Learning Disabilities	**Autism Herfordshire**	Countywide	Post diagnostic support, skills workshops and courses, transitions and helplines. Supporting autistic adults to lead empowered, fufilled lives within Hertfordshire.	https://www.autismbedfordshire.net/support-in-hertfordshire/	enquiries@autismherts.org	1727 743246
Cancer	**Brafternoon**	Stort & ULV	month at The Manor of Groves Hotel in Sawbridgeworth which offers the perfect relaxed setting for our fantastic ladies mornings, once a month from 11 - 3. Cancer support social group.	https://www.brafternoon.co.uk/	anita@brafternoon.co.uk	Anita 07703 254001 Michelle 07717 895533
Gardening	**Will Kimberley Garden Services**	Dacorum	Free written estimates, inc waste removal. Licensed waste carrier. Tackle any job in the garden: Laying Gravel Turf Laying Erecting sheds and fences Mowing lawns Strimming Cutting back trees and shrubs Hedge trimming Fruit tree pruning Hedges high hedges our speciality. Hemel Hempsted	https://www.willkimberleyservices.co.uk/	wkgardenservices@btconnect.com	01442 255784
Gardening	**Greenscapes**	Dacorum	Regular or one off garden maintenance, hedge and grass cutting, sheds, fencing, gates, tree work, pressure washing, (advert in Northchurch newsletter)	http://www.greenscapes.org.uk	darren@greenscapes.org.uk	07986 708673

Gardening	**GHL Tree Services & Landscaping**	Countywide	Established for over 12 years we are a family run company who aim for the very best in tree surgery services.Based in Herfordfordshire, we also operate across Buckinghamshire and Bedfordshire. We offer competitive pricing with a free no obligation quotation and are happy to answer any questions you may have or offer advice on any work needed to be carried out		ghltreeservices@hotmail.com	07967 076835
Gardening	**Paul Empson Tree Care**	Countywide	With extensive experience in arboriculture, we provide a wide range of expert tree care and maintenance services to commercial and residential clients across Greater London, Watford, Hertfordshire, Bedfordshire, Buckinghamshire and Essex.	https://www.paulempsontreecare.co.uk/	PaulEmpsonTreeCare@Outlook.com	01442 834571 07778 288698
Gardening	**T.C. Tree and Garden Service**	Dacorum	Trees felled, topped, trimmed or pruned, also hedge trimming, fencing, overgrown gardens cleared, rubbish removed, turfing. Free estimates, reference available			07775 707737
Clubs	**Ladies wot Lunch**	St Albans	Ladies wot Lunch' is a group who meet on three or four occasions during the year to enjoy convivial conversation and a nice pub lunch. Dates are fluid, normally mid- week, and will be advertised through the church. Homewood Road Church.	http://www.homewoodurc.org/church-groups.html	secretary@homewoodurc.org	01727 899 117
Clubs	**Flower Guild**	St Albans	A group of dedicated ladies who use their skill to arrange fresh flowers for the church weekly. The flowers are donated by a person or family in memory of a loved one and arranged by members of the Flower Guild. They always put on a wonderful display, particularly for the Harvest Festival Service, Easter, and Christmas. Homewood Road Church.	http://www.homewoodurc.org/church-groups.html	secretary@homewoodurc.org	01727 899 117

Clubs	**Afternoon Tea Club**	St Albans	Ladies and gentlemen are welcomed around 3 pm in the back hall monthly to share conversation, tea, and cake in a friendly, informal environment. New friends are always welcome. Tea Club dates are available in the Homewood Herald. Homewood Road Church	http://www.homewoodurc.org/church-groups.html	secretary@homewoodurc.org	01727 899 117
Clubs	**Sewing Group**	St Albans	Meets from 10:30am on the first Thursday each month in the Upper Room. Homewood Road Church.	http://www.homewoodurc.org/church-groups.html	secretary@homewoodurc.org	01727 899 117
Clubs	**Charity Knitters**	St Albans	Charity Knitters. They produced a large quantity of knitted clothes and blankets for this worthwhile cause. Homewood Road Church.	http://www.homewoodurc.org/church-groups.html	secretary@homewoodurc.org	01727 899 117
Clubs	**Book Club**	St Albans	Meets from time to time to discuss a Christian or spiritual book recommended to the group. Homewood Road Church.	http://www.homewoodurc.org/church-groups.html	secretary@homewoodurc.org	01727 899 117
Clubs	**Homewood/Trinity Strollers**	St Albans	Country walks of approximately 4 - 5 miles are organised by members of one or other of the churches. These take place in a variety of places around Hertfordshire and usually end with a pub lunch. Once a year an 'Historic London Walk' is organised in June. Homewood Road Church.	http://www.homewoodurc.org/church-groups.html	secretary@homewoodurc.org	01727 899 117
Clubs	**Day Centre**	St Albans	Is a social and activity group for elderly people who meet on Wednesdays from 10 am to 2 pm in the Back Hall. Homewood Road Church.	http://www.homewoodurc.org/church-groups.html	mailto:secretary@homewoodurc.org	01727 899 117
Clubs	**House Group**	St Albans	Meets in members' homes at 8 pm on the first Thursday of the month for discussion.	http://www.homewoodurc.org/church-groups.html	secretary@homewoodurc.org	01727 899 117
Clubs	**Coffee Club**	St Albans	Meet every six to eight weeks in members' houses for coffee and fellowship. Homewood Road Church.	http://www.homewoodurc.org/church-groups.html	secretary@homewoodurc.org	01727 899 117
Clubs	**Coffee Morning**	St Albans	Salvation Army. Runs a coffee morning on a Wednesday and Saturday morning at 10.00am	https://www.salvationarmy.org.uk/st-albans	: st.albans@salvationarmy.org.uk	01727 855395

Clubs	**Herts Belles**	St Albans	St Albans WI. Has monthly meetings that include art, crafts and cookery, sport.	http://hertsbellesstalbanswi.blogspot.com/p/blog-page.html	hertsbellesstalbanswi@gmail.com	
Clubs	**Fleetville Community Centre**	St Albans	Bridge, knitting, painting and other activities.	https://www.fleetville.org.uk/whats-on/	info@fleetville.org.uk	01727 836843
Clubs	**St Lukes Church**	St Albans	Coffee mornings TUESDAYS - 10:00AM TO 11:30AM. Friday soup lunch FRIDAYS - 12:00NOON TO 2PM. Sharing stories MONTHLY ON A WEDNESDAY AT 2.30PM. Knit & Natter FRIDAYS, 10:00 TO 11:30AM	http://www.saint-lukes.co.uk/home-groups	office@saint-lukes.co.uk	01727 865399
Clubs	**Christ Church St Albans**	St Albans	Tea and Talk, Alternate Thursdays starting from 13 January 2.30 - 4 pm. Enjoy drinks and cake, a Christian thought for discussion, plus time to chat. Pastimes Small Groups , First Tuesday of each month 2 – 3.30 pm. Bible study and prayer time for Christian believers, for those curious about faith, finishing with a drink and cake	https://www.ccstalbans.org.uk/adults	enquiries@ccstalbans.org.uk	01727 859806
Clubs	**Hatfiend Road DayCare**	St Albans	Hatfield Road Daycare is an activity group that aims to provide support and friendship to older people around St Albans, Hertfordshire. Hatfield Road Daycare is an activity group that aims to provide support and friendship to older people around St Albans, Hertfordshire.	http://hatfieldroaddaycare.co.uk/		01727 765 839
Clubs	**Marshalswick Baptist Free Church**	St Albans	Wide range of activities including sports and a creche. Ladies Bring and Share Lunch - opportunity to come together in the church as ladies of MBFC and have a great time - eating, talking, sharing and getting to know each other.	https://www.mbfc.org.uk/welcome.htm		01727 857786.
Clubs	**Woodhall Farm Community Centre**	Dacorum	Wide range of activties such as class and groups. Dance classes, beavers, scouts ectc. The Cedar Tree Family Centre (Tuesdays-Thursday, advice and activities for under five). Woodpecker Bowls Club - Friday afternoon.		julie.banks@woodhallfarm.org.uk	01442 250458 = Julie Banks