

## Mental Health

Name	what do they do?	Area	Number	Email	Website
Mind	mental health charity	UK	0300 123 3393	<a href="mailto:info@mind.org.uk">info@mind.org.uk</a>	<a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a>
Mind in mid herts	mental health service providing digital support	Hertfordshire		<a href="mailto:admin@mindinmidherts.org.uk">admin@mindinmidherts.org.uk</a>	
Herts mind network	mental health service providing online/telephone support	Hertfordshire	02037 273600	<a href="mailto:info@hertfordshiremind.org">info@hertfordshiremind.org</a>	<a href="https://www.hertsmindnetwork.org/pages/category/lethworth">https://www.hertsmindnetwork.org/pages/category/lethworth</a>
Samaritans	provides emotional support for anyone in crisis	UK	116 123	<a href="mailto:jo@samaritans.org">jo@samaritans.org</a>	<a href="https://www.samaritans.org/">https://www.samaritans.org/</a>
Give us a shout	free 24 hour text service for people in crisis	UK	text 85258		<a href="https://www.giveusashout.org/">https://www.giveusashout.org/</a>
Rethink Mental Illness	Linking local mental health support services	UK	0300 5000 927	<a href="mailto:advice@rethink.org">advice@rethink.org</a>	<a href="https://www.rethink.org/aboutus/what-we-do/advice-and-information-service/">https://www.rethink.org/aboutus/what-we-do/advice-and-information-service/</a>
Adept living foundations	online peer support during covid	herts & beds	056 0364 9814	<a href="mailto:contact@alfcic.org">contact@alfcic.org</a>	<a href="https://alfcic.org/contact/">https://alfcic.org/contact/</a>
Anxiety UK	online support groups	UK	03444 775 774	<a href="mailto:support@anxietyuk.org.uk">support@anxietyuk.org.uk</a>	<a href="https://www.anxietyuk.org.uk/">https://www.anxietyuk.org.uk/</a>
Healthy Young Minds in Herts	mental health support and advice for young people	Herts			<a href="https://www.healthyyoungmindsinherts.org.uk/">https://www.healthyyoungmindsinherts.org.uk/</a>
Every Mind Matters	wellbeing tips whilstbeing at home	UK			<a href="https://www.nhs.uk/.../every-m.../coronavirus-covid-19-staying-at-home-tips/">nhs.uk/.../every-m.../coronavirus-covid-19-staying-at-home-tips/</a>
Hertfordshire Partnership foundation trust	Single point of access to mental health services	Hertfordshire	0300 777 0707		<a href="https://www.northessexiapt.nhs.uk/hertfordshire">https://www.northessexiapt.nhs.uk/hertfordshire</a>

### Vulnerable and isolating

Name	what do they	Area	Number	Email	Website
<b>Food/medication</b>					
Letchworth Heritage Foundation	help with food, prescriptions etc	Letchworth	01462 530360	<a href="mailto:support@letchworth.com">support@letchworth.com</a>	
North Herts CVS	Prescription pick ups	North Herts	01462 689400	<a href="mailto:clarebernardin@nhcvs.org.uk">clarebernardin@nhcvs.org.uk</a>	
Herts Help	Help to manage a home, shopping, food parcels	Herts	0300 123 4044		<a href="https://www.hertshelp.net/our-services/tell-us-about-someone-who-needs-help.aspx">https://www.hertshelp.net/our-services/tell-us-about-someone-who-needs-help.aspx</a>
Extra Help	affordable support with cleaning, shopping, respite support	North Herts	01462 262006	<a href="http://www.extra-help.co.uk">stevenage@extra-help.co.uk</a>	<a href="https://www.extra-help.co.uk/local_offices/stevenage/">https://www.extra-help.co.uk/local_offices/stevenage/</a>
North Herts Crusaders	collecting shopping	North Herts	07960 776409		
The Salvation Army Corps	support with food	Letchworth	01462 677263	<a href="mailto:Wendy.Goodman@salvationarmy.org.uk">Wendy.Goodman@salvationarmy.org.uk</a>	
NHS Volunteer Responders	Volunteer for the NHS	UK	080819 63646		<a href="https://www.goodsamapp.org/nhsvolunteerresponders">https://www.goodsamapp.org/nhsvolunteerresponders</a>
Compassionate Neighbours	volunteers reaching out to those who are socially isolated	North Herts	01462 679540 (option 8).	<a href="mailto:cn@ghhospicecare.org.uk">cn@ghhospicecare.org.uk</a>	<a href="https://www.ghhospicecare.org.uk/volunteers/compassionate-neighbours">https://www.ghhospicecare.org.uk/volunteers/compassionate-neighbours</a>
<b>Mutal Aid Facebook Groups</b>					
Baldock Coronavirus Support Group		Baldock	01462 892838	<a href="mailto:baldockcs0@gmail.com">baldockcs0@gmail.com</a>	
Hitchin FB group		Hitchin			<a href="https://www.facebook.com/groups/600854900645435/?ref=group_header">https://www.facebook.com/groups/600854900645435/?ref=group_header</a>
Letchworth Covid-19 Support		Letchworth			<a href="https://www.facebook.com/groups/LetchworthCovid19mutualaid/?ref=share">https://www.facebook.com/groups/LetchworthCovid19mutualaid/?ref=share</a>
Royston vs Coronavirus	hopping for the vulnerable and a chat line where people can have a friendly chat.	Royston	01763259203	<a href="mailto:roystonvscoronavirus@gmail.com">roystonvscoronavirus@gmail.com</a>	<a href="https://www.facebook.com/groups/210680370297401/">https://www.facebook.com/groups/210680370297401/</a>
Meldreth (nr Royston)	Local support service	Meldreth			<a href="https://www.facebook.com/groups/MeldrethCoron">https://www.facebook.com/groups/MeldrethCoron</a>
Barkway Hub	Phone support, help with shopping & prescriptions	Barkway	01763 848207 07590 381182	<a href="mailto:assistance@barkway-village.co.uk">assistance@barkway-village.co.uk</a>	<a href="https://www.facebook.com/groups/694120981337900/">https://www.facebook.com/groups/694120981337900/</a>

## Financial Support

Name	what they do?	Contact	Area	Number	Email	Website
<b>Financial Support</b>						
NHDC	for support with paying your council tax	revenues team	North Herts	01462 474595	<a href="mailto:revenues@north-herts.gov.uk">revenues@north-herts.gov.uk</a>	
GOV.UK	financial guidance during COVID-19		UK			<a href="https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19">https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19</a>
Citizens Advice North Herts	financial guidance over the phone & email		North Herts	03444 111 444		<a href="https://www.northhertscab.org.uk/">https://www.northhertscab.org.uk/</a>
<b>Local businesses support</b>						
Hertfordshire Growth Hub	Advice for small businesses		Hertfordshire	01707 398168	<a href="mailto:enquiries@hertsgrowthhub.com">enquiries@hertsgrowthhub.com</a>	
Herts Community Foundation	Supporting local causes		Hertfordshire	01707 251351	<a href="mailto:office@hertscf.org.uk">office@hertscf.org.uk</a>	<a href="http://www.hertscf.org.uk/coronavirus?dm_i=1X29,6ST5A,WB03VK,R7ZQC,1">http://www.hertscf.org.uk/coronavirus?dm_i=1X29,6ST5A,WB03VK,R7ZQC,1</a>
Grant funding for charities	COVID-19 funding for businesses		UK			<a href="https://www.grantsonline.org.uk/coronavirus.html">https://www.grantsonline.org.uk/coronavirus.html</a>

## Transport

Name	what do they do?	Contact	Area	Number	Email	Website
NHCVCCT	provides door to door car service for less able residences in NH and stevenage.	Jonathan brown	NH	01462 689402	<a href="mailto:jonbrown@nhcvs.org.uk">jonbrown@nhcvs.org.uk</a>	<a href="https://www.nhcv.org.uk/">https://www.nhcv.org.uk/</a>
Royston and District	helping those without access to conventional public transport to get out	Pru Burton	NH	01763 245228	<a href="mailto:info@roytrans.co.uk">info@roytrans.co.uk</a>	<a href="https://www.roytrans.co.uk/">https://www.roytrans.co.uk/</a>
East and North Herts Transport	Non emergency patient transport for patients for health reasons are unable to use cars or public transport to get to the hospital.		NH	01438 784779		<a href="https://www.enhertscg.nhs.uk/non-emergency-patient-transport">https://www.enhertscg.nhs.uk/non-emergency-patient-transport</a>
Dial-a-Ride			NH	01992 556771		

## Food Support

Name	What do they do?	Contact	Area	Number	Email	Website
Salvation Army Letchworth	supplying food parcels for those who are in need of	Wendy Goodman	Letchworth	01462 677263	<a href="mailto:Wendy.Goodman@salvationarmy.org.uk">Wendy.Goodman@salvationarmy.org.uk</a>	
Letchworth Heritage Foundation	delivering food to the most vulnerable		letchworth	01462 530360	<a href="mailto:support@letchworth.com">support@letchworth.com</a>	
Best Before Café	Open every Wednesday 11am -2pm (or until the last person has shopped), at Mrs Howard Memorial Hall	Suzy Holding	Letchworth		<a href="mailto:bestbeforecafe@gmail.com">bestbeforecafe@gmail.com</a>	
Hitchin Partnership	Issuing supermarket vouchers for families in need	Debbie Robbins	hitchin	07833 290731	<a href="mailto:hpadmin@wilshere.herts.sch.uk">hpadmin@wilshere.herts.sch.uk</a>	<a href="http://hitchinpartnership.org/">http://hitchinpartnership.org/</a>
Feed Up Warm Up	Food parcels Hitchin drop in Weds <b>6-7pm during COVID</b>		Hitchin	contact via FB or email	<a href="mailto:feedupwarmup@gmail.com">feedupwarmup@gmail.com</a>	<a href="https://m.facebook.com/feedupwarmup/">https://m.facebook.com/feedupwarmup/</a>
	Our Lady's Scout Hall , Nightingale Rd, Hitchin					
Hitchin Foodbank	Our Lady's Scout Hall - Tues & Fri 10am - 12pm		hitchin	07825 300437	<a href="mailto:info@letchworth.foodbank.org.uk">info@letchworth.foodbank.org.uk</a>	
Letchworth Foodbank	Mrs Howard Memorial Hall - Tues & Fri 10am - 12pm		letchworth	07825 300437	<a href="mailto:info@letchworth.foodbank.org.uk">info@letchworth.foodbank.org.uk</a>	
Baldock Foodbank	St Mary's Church Hall - Tues & Fri 10am - 12pm		baldock	07825 300437	<a href="mailto:info@letchworth.foodbank.org.uk">info@letchworth.foodbank.org.uk</a>	
Royston Foodbank	York Way, Royston, SG8 5HJ - Weds & Sat 9am - 11am		royston	07999 538961	<a href="mailto:pastor@roystonevangelicalchurch.com">pastor@roystonevangelicalchurch.com</a>	

Sainsbury's Assisted Shopping Service	Taking shopping orders over the telephone. Priority to over 70's.		uk	0800 328 1700 Mon-Fri 9am-5pm		
Sainsburys support line	to ask for access to priority home delivery slots		uk	08009 534988		
Tesco Support Line	to ask for access to priority home delivery slots		uk	08009 177359		
NHS Volunteer Responders	support from NHS Volunteer Responders with shopping if vulnerbale		uk	0808 1963646	<a href="http://www.nhsvolunteerresponders.org.uk">www.nhsvolunteerresponders.org.uk</a>	
HCC Food Parcel	Help and support with your food parcels		herts	01992 555500		
<b>Families food Support</b>						
Letchworth Partnership Family Support Workers	help with food/schooling/ support for families	Ruth Coleman	letchworth	07983 417532	<a href="mailto:ruth.coleman10@fearnhill.herts.sch.uk">ruth.coleman10@fearnhill.herts.sch.uk</a>	
		Ann Barrow	letchworth	07983 416947	<a href="mailto:ann.barrow10@fearnhill.herts.sch.uk">ann.barrow10@fearnhill.herts.sch.uk</a>	
		Mandy Saville	letchworth	07983 417295	<a href="mailto:amanda.saville10@fearnhill.herts.sch.uk">amanda.saville10@fearnhill.herts.sch.uk</a>	
		Te Simms	letchworth	07494 457369	<a href="mailto:te.simms10@fearnhill.herts.sch.uk">te.simms10@fearnhill.herts.sch.uk</a>	
		Darcie Jackson	letchworth	07494 457542	<a href="mailto:darcie.jackson10@fearnhill.herts.sch.uk">darcie.jackson10@fearnhill.herts.sch.uk</a>	

Hitchin Partnership	help with food/schooling/ support for families	Debbie Robbins - Hitchin Partnership	hitchin	07833 290731	<a href="mailto:hpadmin@wilshere.herts.sch.uk">hpadmin@wilshere.herts.sch.uk</a>	<a href="http://hitchinpartnership.org/">http://hitchinpartnership.org/</a>
Citizens Advice North Herts	financial guidance over the phone & email		North Herts	03444 111 444		<a href="https://www.northhertscab.org.uk/">https://www.northhertscab.org.uk/</a>

## Domestic Abuse

Name	What do they do?	Area	Number	Email	Website
National domestic abuse helpline	support for individuals struggling with domestic abuse	UK	0808 2000247		<a href="https://www.nationaldahelpline.org.uk/">https://www.nationaldahelpline.org.uk/</a>
Hertordshire Domestic Abuse Helpline	confidential free support for anyone struggling with Domestic Abuse	Herts	080880 88088	<a href="mailto:kim@mailpurple.org">kim@mailpurple.org</a>	
Hertfordshire Sunflower Services	Support service for people suffering from domestic abuse	Herts			
Womens Aid	support for women and children against domestic violence	uk			<a href="https://www.womensaid.org.uk/information-support/what-is-domestic-abuse/">https://www.womensaid.org.uk/information-support/what-is-domestic-abuse/</a>
Safer Places		uk	03301 025 811		
Stevenage Against Domestic Abuse	service supporting stevenage and north herts residents struggling from domestic abuse	North Herts	01438 242 666	<a href="mailto:DomesticAbuse_GCSx@stevenage.gov.uk">DomesticAbuse_GCSx@stevenage.gov.uk</a>	
Refuge	support for women and children against domestic violence	UK			<a href="http://www.refuge.co.uk">www.refuge.co.uk</a>



**Scam Awareness**

Name	What do they do?	Area	Number	Website
Citizens Advice	scam checking system	uk	03444 111 444	<a href="https://www.citizensadvice.org.uk/consumer/scams/check-if-something-might-be-a-scam/">https://www.citizensadvice.org.uk/consumer/scams/check-if-something-might-be-a-scam/</a>
National Cyber Security Centre	advice on how to stay secure online during coronavirus.	uk		<a href="https://www.ncsc.gov.uk/cyberaware/home">https://www.ncsc.gov.uk/cyberaware/home</a>
Age Uk	help to spot and avoid the latest scams targeting your money	uk	0800 678 1602	<a href="https://www.ageuk.org.uk/information-advice/money-legal/scams-fraud/">https://www.ageuk.org.uk/information-advice/money-legal/scams-fraud/</a>

## Home schooling

Name	What they do	website
Khan Academy	Especially good for maths and computing for all ages	<a href="https://www.khanacademy.org">https://www.khanacademy.org</a>
BBC Learning	A lot available, from language learning to BBC Bitesize for revision. No TV licence required except for content on	<a href="http://www.bbc.co.uk/learning/coursesearch/">http://www.bbc.co.uk/learning/coursesearch/</a>
Futurelearn	Free to access 100s of courses	<a href="https://www.futurelearn.com">https://www.futurelearn.com</a>
Seneca	For those revising at GCSE or A level. Tons of free revision content. Paid access to higher level material.	<a href="https://www.senecalearning.com">https://www.senecalearning.com</a>
Blockly	Learn computer programming skills - fun and free.	<a href="https://blockly.games">https://blockly.games</a>
Scratch	Creative computer programming	<a href="https://scratch.mit.edu/explore/projects/games/">https://scratch.mit.edu/explore/projects/games/</a>
Ted Ed	All sorts of engaging educational videos	<a href="https://ed.ted.com">https://ed.ted.com</a>
National Geographic Kids	Activities and quizzes for younger kids.	<a href="https://www.natgeokids.com/uk/">https://www.natgeokids.com/uk/</a>
Duolingo	Learn languages for free. Web or app.	<a href="https://www.duolingo.com">https://www.duolingo.com</a>
Mystery Science	Free science lessons	<a href="https://mysteryscience.com">https://mysteryscience.com</a>
The Kids Should See This	Wide range of cool educational videos	<a href="https://thekidsshouldseethis.com">https://thekidsshouldseethis.com</a>
Crash Course	You Tube videos on many subjects	<a href="https://thecrashcourse.com">https://thecrashcourse.com</a>
Crash Course Kids	As above for a younger audience	<a href="https://m.youtube.com/user/crashcoursekids">https://m.youtube.com/user/crashcoursekids</a>
Crash Course Kids	Digital enterprise award scheme you can complete online.	<a href="https://idea.org.uk">https://idea.org.uk</a>
iDEA Awards	Free challenge packs and other downloads. Many activities can be completed indoors.	<a href="https://www.pawprintbadges.co.uk">https://www.pawprintbadges.co.uk</a>
Paw Print Badges	All kinds of making.	<a href="https://www.tinkercad.com">https://www.tinkercad.com</a>
Tinkercad	Is in U.S. grades, but good for UK Primary age.	<a href="https://www.prodigygame.com">https://www.prodigygame.com</a>
Prodigy Maths		
Cbeebies Radio	Listening activities for the younger ones.	<a href="https://www.bbc.co.uk/cbeebies/radio">https://www.bbc.co.uk/cbeebies/radio</a>
Nature Detectives	A lot of these can be done in a garden, or if you can get to a remote forest location!	<a href="https://naturedetectives.woodlandtrust.org.uk/naturedetectives/">https://naturedetectives.woodlandtrust.org.uk/naturedetectives/</a>
British Council	Resources for English language learning	<a href="https://www.britishcouncil.org/school-resources/find">https://www.britishcouncil.org/school-resources/find</a>
Oxford Owl for Home	Lots of free resources for Primary age	<a href="https://www.oxfordowl.co.uk/for-home/">https://www.oxfordowl.co.uk/for-home/</a>
Big History Project	Aimed at Secondary age. Multi disciplinary activities.	<a href="https://www.bighistoryproject.com/home">https://www.bighistoryproject.com/home</a>
Geography Games	Geography gaming!	<a href="https://world-geography-games.com/world.html">https://world-geography-games.com/world.html</a>
Blue Peter Badges	If you have a stamp and a nearby post box.	<a href="https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges">https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges</a>
The Artful Parent	Good, free art activities	<a href="https://www.facebook.com/artfulparent/">https://www.facebook.com/artfulparent/</a>
Red Ted Art	Easy arts and crafts for little ones	<a href="https://www.redtedart.com">https://www.redtedart.com</a>
The Imagination Tree	Creative art and craft activities for the very youngest.	<a href="https://theimaginationtree.com">https://theimaginationtree.com</a>

Toy Theater	Educational online games	<a href="https://toytheater.com/">https://toytheater.com/</a>
Twinkl	This is more for printouts, and usually at a fee, but they are offering a month of free access to parents	<a href="https://www.twinkl.co.uk">https://www.twinkl.co.uk</a>

## Family Support

Name	what do they do?	Contact	Area	Number	Email	Website
Kattz Childcare	providing childcare for essential workers	Kofo Ibitoye	letchworth	01462 680380	<a href="mailto:essentialworkers@kattz.co.uk">essentialworkers@kattz.co.uk</a>	
Letchworth Partnership	help with food/schooling/ support for families	Ruth Coleman	letchworth	07983 417532	<a href="mailto:ruth.coleman10@fearnhill.herts.sch.uk">ruth.coleman10@fearnhill.herts.sch.uk</a>	
		Ann Barrow	letchworth	07983 416947	<a href="mailto:ann.barrow10@fearnhill.herts.sch.uk">ann.barrow10@fearnhill.herts.sch.uk</a>	
		Mandy Saville	letchworth	07983 417295	<a href="mailto:amanda.saville10@fearnhill.herts.sch.uk">amanda.saville10@fearnhill.herts.sch.uk</a>	
		Te Simms	letchworth	07494 457369	<a href="mailto:te.simms10@fearnhill.herts.sch.uk">te.simms10@fearnhill.herts.sch.uk</a>	
		Darcie Jackson	letchworth	07494 457542	<a href="mailto:darcie.jackson10@fearnhill.herts.sch.uk">darcie.jackson10@fearnhill.herts.sch.uk</a>	
Hitchin Partnership	help with food/schooling/ support for families	Debbie Robbins	hitchin	07833 290731	<a href="mailto:hpadmin@wilshere.herts.sch.uk">hpadmin@wilshere.herts.sch.uk</a>	<a href="http://hitchinpartnership.org/">http://hitchinpartnership.org/</a>
Family Lives	Confidential helpline for family support		herts	0808 800 2222	<a href="mailto:askus@familylives.org.uk">askus@familylives.org.uk</a>	
TURN2US	Family support for those in poverty		uk			<a href="https://www.turn2us.org.uk/get-support/Benefits-and-Coronavirus-new">https://www.turn2us.org.uk/get-support/Benefits-and-Coronavirus-new</a>
Hertfordshire children's Services	Childrens social care services		herts	030012 34043		
Parenting Together Programme			UK			<a href="https://www.parentingtogetherupportprogramme.org.uk/">https://www.parentingtogetherupportprogramme.org.uk/</a>

## Useful Information

Name	What do they do?	Number	Website
Gov.uk	To register for support, food parcels etc	0800 028 8327	<a href="https://www.gov.uk/coronavirus-extremely-vulnerable">https://www.gov.uk/coronavirus-extremely-vulnerable</a>
Gov.uk	advice on staying safe, isolating, travel guidance		<a href="https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response">https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response</a>
	Buisness Advice		<a href="https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19">https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19</a>
NHS	Symptoms/health advice		<a href="https://www.nhs.uk/conditions/coronavirus-covid-19/">https://www.nhs.uk/conditions/coronavirus-covid-19/</a>
WHO	Guidance on Covid -19		<a href="https://www.who.int/emergencies/diseases/novel-coronavirus-2019">https://www.who.int/emergencies/diseases/novel-coronavirus-2019</a>
Citizens Advice	Overall advice on Covid-19	01462 689801	<a href="https://www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you/">https://www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you/</a>
NHDC	Help and support	01462 474111	<a href="https://www.north-herts.gov.uk/home/emergency-planning/coronavirus-covid-19/coronavirus-help-and-support-residents">https://www.north-herts.gov.uk/home/emergency-planning/coronavirus-covid-19/coronavirus-help-and-support-residents</a>
HCC	Coronavirus (COVID-19) – what you need to know		<a href="https://www.hertfordshire.gov.uk/about-the-council/news/news-archive/coronavirus-frequently-asked-questions">https://www.hertfordshire.gov.uk/about-the-council/news/news-archive/coronavirus-frequently-asked-questions</a>
Bid Foods	Food parcel distribution number e.g. to track a food parcel, to cancel a food parcel (if HCC number doesn't work)	01279 823 000 (Harlow)	
Herts Help	A point of contact for you if you need to follow up referrals made to Herts Help, so that you don't have to go back through the main phone line		hhgateway@hertfordshire.gov.uk