

STEVENAGE FC COMMUNITY CARELINE

KEY PARTNER LIST

Food Banks

Stevenage Community Food Bank

Phone Number: 01438 242242

Website: www.stevenagecommunityfoodbank.org.uk

Specific items of most urgent need: UHT Milk, Tinned Food, Pasta, Longlife Juice

Letchworth Food Bank

Phone Number: 07825 300437

Email: info@letchworth.foodbank.org.uk

Website: www.letchworth.foodbank.org.uk

Specific items of most urgent need: Pasta Sauce, Longlife Juice, Sponge Puddings, Tinned Fish

Welwyn Hatfield Food Bank

Phone Number: 07504 627359 (open Tuesday 10am-4pm) – leave a message any other time

Email: info@hatfield.foodbank.org.uk

Website: www.hatfield.foodbank.org.uk

Specific items of most urgent need: Tinned Hot Dogs/Meatballs, Longlife Milk/Juice

Hertford & District Food Bank

Phone Number: 07851 708470

Email: info@hertforddistrict.foodbank.org.uk

Website: <https://hertforddistrict.foodbank.org.uk>

Specific items of most urgent need: Longlife Juice, Ready-made Custard, Tinned Rice Pudding, Tinned Potatoes, Instant Mash, Instant Custard

Mental Health

Mind in Mid Herts

Phone Number: 01438 369216

Email: admin@mindinmidherts.org.uk

Website: www.mindinmidherts.org.uk

Samaritans

Phone Number: 116 123 (24 Hour Line)

Emotional support and a listening ear 24 hours a day, 365 days a year

CALM

Phone Number: 0800 58 58 58 (daily, 5pm to midnight)

CALM is the Campaign Against Living Miserably, for men aged 15 to 35



Accessing A Food Bank

Should people that need access to food then their first point of call should be to contact

Citizens Advice Bureau

0344 411 1444

Volunteering

For people who want to volunteer please direct them to Team Herts

Tel: 01462 689409

Website:

www.thvolunteering.org.uk/volunteering/covid-19

Young Minds

Parent's Helpline: 0808 802 5544 (Monday to Friday 9:30am to 4pm)

Information on child and adolescent mental health

JustTalk

Website - www.justtalkherts.org

Support for young people around a variety of topics as a central resource

Healthy Young Minds Hertfordshire

Website - <https://healthyyoungmindsinherts.org.uk/schools/how-look-after-your-mental-health-and-emotional-wellbeing-during-covid-19-outbreak>

More aimed at school staff but still useful for some wider resources and local links

Wider Support

Herts Help

Community Navigator: Welfare Checks & Shopping – 0300 1234 044

Food Parcels via HILS: Emergency Packs of key items subject to availability – 0300 1234 044

Age Concern

Sam Edwards

Elderly people in particular distress please call 07944 441180

Open 9:30am – 3pm

Stevenage Borough Council – Specialist Support Services

Phone Number: 01438 242037

Stevenage Helps

www.stevenage.gov.uk/news-and-events/news/228050/

Good local directory of other support that is available for people in the Stevenage area

Herts County Council – Adult Social

<https://www.hertfordshire.gov.uk/services/Adult-social-services/Adult-social-services.aspx>

COVID-19 Mutual Aid Groups - Facebook

- Hertfordshire - <https://www.facebook.com/groups/207966160450397/about/>
- Stevenage - <https://www.facebook.com/groups/534899220741800/>
- Hitchin - <https://www.facebook.com/groups/600854900645435/>
- Hertford & Ware - <https://www.facebook.com/Covid-19-Mutual-Aid-Hoddesdon-Hertford-and-Ware-area-109467520679484>
- Welwyn Garden City – <https://www.facebook.com/groups/205219507242732/>
- Hatfield – <https://www.facebook.com/groups/877357296043259/?ref=share>

Other Facebook Groups

- Hitchin Helpers – <https://www.facebook.com/groups/2483725248557952/>
- Hitchin, Letchworth & Baldock Chit Chat – <https://www.facebook.com/groups/hitchin.leitchworth.baldock.chit.chat/>
- Letchworth Helpers – <https://www.facebook.com/groups/532720464047892/?fref=nf>
- Welwyn & Hatfield Community Support – <https://www.facebook.com/groups/514918456053689/>

Physical Activity

There are a number of resources available online to give people ideas of how to stay physical active.

The Foundation has collated these at the following page and people can be directed to it - www.stevenagefcfoundation.com/resources

IMPORTANT – HOSPITAL INFORMATION

All minor injuries must now go to the New QEII Hospital in Welwyn Garden City rather than Lister Hospital.

This move will also give greater protection to these patients, ensuring they receive the medical attention they require but without the need to visit an acute setting where our more seriously ill patients are being treated.

Children under one with minor injuries will continue to be treated at the Lister rather than the New QEII, but under ones who require treatment by a GP can now be seen at the New QEII.

As of Tuesday 24th March

Alzheimer's Society Local Services Update

Local Alzheimer's Society teams continue to provide information, support and guidance to those who need it. To ensure the wellbeing of our service users, volunteers and staff, we have made some changes to how this support is provided. This may change depending on future government guidance, but at present the following is in place in your area:

Direct support for people affected by dementia:

- All face-to-face and home visits have currently been suspended.
- We will increase the number of keeping in touch telephone calls with service users to help support their wellbeing and guard against isolation.
- We will be extending the operating hours of our national Dementia Connect Support Line. Trained advisors can be contacted via 0333 150 3456 for advice and guidance.

Online Support:

Advice and guidance on a range of issues is available on [our website](#).

We would encourage people to join [Dementia Talking Point](#). This is our online community where people affected by dementia can receive valuable support from people in similar situations.

Further Support:

People with questions about what they should be doing and how they should be interacting with people living with dementia at this time can [access this guidance](#).

Any community groups or individuals that wish to support vulnerable adults during this time can contact Alzheimer's Society for information and guidance. This includes how to access our online [Dementia Friends awareness sessions](#).

Alzheimer's Society Contact Details:

Website: www.alzheimers.org.uk

Telephone: 0333 150 3456