

Organisation	What	Where (if not whole borough)	Who (if targeted)	Referral route (permission has been granted to publish these)
Adept Living Foundation CIC	Daily Zoom calls	-	-	https://alfcic.org/covid-19-alf-cic-free-emotional-support-group/
Advice Central	Signposting to sources of advice	-	-	0300 303 6666 or webchat www.advicecentral.org.uk
Age UK Bedfordshire	Telephone befriending, infoation and advice, care and support in and around the home	-	Over 50s	01234 360510 (can leave a message 24/7) enquiries@ageukbedfordshire.org.uk
Alzheimers Society	Telephone support and advice and guidance	-	People affected by dementia	Telephone support 01582 470910 and advice and guidance from national Dementia Connect Support Line 0333 150 3456
Amphill & Flitwick Good Neighbours	Mutual aid	Amphill, Flitwick, Westoning, Maulden, Millbrook	-	amphillgn@gmail.com 07833314903
Amphill Baptist Church	Mutual aid	Amphill	-	Majorie Austin community@amphillbaptist.org.uk 01525 841682
Arlesey Good Neighbours	Mutual aid	Arlesey	-	goodneighbours@arlesey.org.uk 01462 416100
Aspley Heath Parish Council	Mutual aid	Aspley Heath	-	Denise Batchelor clerk@aspleyheath.org.uk 01525 717905
Autism Bedfordshire	Helpline, membership registrations, referrals and assessments	-	Autistic people and their families	01234 350704 9am to 5pm or enquiries@autismbeds.org
Barton Helping Hands	Mutual aid	Barton-le-cley	-	bartonhelpinghands@gmail.com 07855 070074
Bedford Open Door	up to 12 sessions of telephone/online counselling	-	Young people aged 13 to 25 years	Call 01234360388, text 07922105200 or email counselling@bedfordopendoor.org.uk
Bedfordshire Rural Communities Charity	Community transport, delivery of food parcels, cooked food, collecting shopping/medication	-	-	01234 838771 or email info@bedsrcc.org.uk
Biggleswade Good Neighbour Group	Mutual aid	Biggleswade	-	biggleswadegoodneighbours@gmail.com 07771 104255
Biggleswade Mill Lane	Mutual aid	Biggleswade	-	https://chat.whatsapp.com/CtOe8hETC5NIE2qvwHzmGD

Central Bedfordshire

Blunham Community C-19 Response Group	Mutual aid	Blunham	-	https://www.facebook.com/groups/2501484073399666 bunhamresponse@gmail.com
Blunham Parish Council	Mutual aid	Blunham	-	gillwiggs@btinternet.com
BRASS	Telephone advice	-	Refugees and asylum seekers	01234 211381 Tuesday and Wednesday 10am to 2pm
British Red Cross Mobility Service	Borrow or hire commodes and other toileting aids, as well as items like wheelchairs to help with mobility, delivery available	-	-	0300 456 1914
Buzzer Buses	Community transport, food and prescription deliveries	Leighton Buzzard and surrounding areas	-	Call our office booking line 01525 853566 or email us at buzzerbuses@btconnect.com
CaddingtonCare	Mutual aid	Caddington	-	07548 264 672 caddingtoncare@googlemail.com
Caraline	Support and treatment online	-	People with an eating disorder	01582 457474 admin@caraline.com
Carers in Bedfordshire	Telephone support only	-	Carers of all ages including those who are assuming a caring role as a result of the COVID-19 virus	Email contact@carersinbeds.org.uk 0300 111 1919 9.30am to 4.30pm Monday to Friday Memory Navigation service 0300 111 9090
Carers of Gravenhurst	Mutual aid	Gravenhurst	Local residents	07757 783896 gns@bedsrcc.org.uk
Centre for All Families Positive Health (CAFPH)	Telephone support service to reduce isolation, deal with medication concerns and signposting to other services	-	People who are HIV positive and their families	07944 406270 and 07752 281936
Chalton Covid-19 Group	Mutual aid	Chalton	-	01525 888148
CHUMS CIC Babyloss	Telephone assessments, individual interventions by phone, WhatsApp, Facetime or Skype, group interventions using Microsoft Teams, virtual drop-ins	-	Bereaved parents and families who have experienced the death of a baby through late miscarriage, stillbirth, compassionate termination or neonatal death	01525 863924, or Jan Cooper: 07826951528 Jan.cooper@chums.uk.com

Central Bedfordshire

CHUMS CIC Bereavement	Telephone assessments, individual interventions by phone, WhatsApp, Facetime or Skype, group interventions using Microsoft Teams, virtual drop-ins	-	Children and young people affected by trauma, bereavement or at risk of suicide	01525 863924 or info@chums.uk.com
CHUMS CIC Suicide Bereavement	Telephone assessments, individual interventions by phone, WhatsApp, Facetime or Skype, group interventions using Microsoft Teams, virtual drop-ins	-	Adults affected when someone dies by sudden death including suicide	Caroline Holley 01525 863924 or bsbs@chums.uk.com
Citizens Advice Mid Bedfordshire	Advice including benefits, work, debt & money, consumer and housing, food bank referrals	Mid Bedfordshire	-	Amphill 01525 402742 Biggleswade 01767 601368 www.midbedscab.org.uk/getadvice/email-us or text 07594 639 574
Clifton Care Scheme	Mutual aid	Clifton	-	07817 614 654 gns@bedsrcc.org.uk
Clophill covid-19 support group	Mutual aid	Clophill	-	07933 530849 community.support@clophill-pc.gov.uk
Community Works 4U	Craft kits to homes to pass time	-	People who are homeless or at risk of homelessness	wendy@communityworks4u.co.uk
Cranfield United Community Hub	Mutual aid	Cranfield	-	?
Cruse Bereavement Care	Telephone or email support, advice and information when someone dies	-	0300 200 4108 or bedfordshire@cruse.org.uk	Local Helpline 0300 200 4108 or bedfordshire@cruse.org.uk
Disability Resource Centre	Telephone appointments or webchat to provide help with specific topics like benefits, employment, carers and much more	-	People affected by disability or with a long term health condition; carers, friends and professionals	01582 470 900 or webchat 10am to 4pm on week days or https://drcbeds.org.uk/contact-us/
Dunstable Covid-19 Mutual Aid	Mutual Aid	-	-	https://www.facebook.com/groups/212501353493575/
Eaton Bray Good Neighbours	Mutual aid	Eaton Bray, Totternhoe	-	07930 987 064 gns@bedsrcc.org.uk
EU. RO	Food, household products and toiletries delivered, buying tickets to Romania, resolving accommodation	Luton & Dunstable	Romanian people	office@eu-ro.uk 01582 240895 https://www.facebook.com/LinkLuton/

Central Bedfordshire

Fairfield Parish Council	Mutual aid	Fairfield	-	Katrina Henshaw katrina.henshaw@fairfieldparishcouncil.gov.uk 07415 615225
Flitton & Greenfield Good Neighbours	Mutual aid	Flitton, Greenfield, Pulloxhill	-	07594 578 741 gns@bedsrcc.org.uk
Flitton & Greenfield Viral Kindness Volunteers Scheme	Mutual aid	Flitton & Greenfield	-	Teresa Burnett 01525 860279 or 07446 671069
Flitwick Baptist Church Community Help Group	Mutual aid	Fliwick	-	https://www.facebook.com/groups/549310012363676
Flitwick Lifeline	Mutual aid	Flitwick	-	https://www.facebook.com/Flitwick-Community-Lifeline-103042124672643/
Grand Union Housing Group	Welfare Benefits Advice, Money Advice, Tenancy Support	-	Existing users only	benefits@guhg.co.uk or money@guhg.co.uk or help@guhg.co.uk 0300 123 5544
Hands Across Cranfield	Mutual aid	Cranfield	-	handsacrosscranfield@gmail.com 07789 701 252 (9am - 7pm Mon - Fri)
Hands Across The Village	Mutual aid	Marston	-	gns@bedsrcc.org.uk
Harlington Neighbourhood Help Scheme	Mutual aid	Harlington	-	07849 835 410 Stewart Wilks Clerk@harlington-pc.gov.uk 01525 875933
Haynes	Mutual aid	Haynes	-	gillwiggs@btinternet.com
Haynes Good Neighbours	Mutual aid	Haynes	-	07948 977832 gns@bedsrcc.org.uk
Healthwatch Central Bedfordshire	Signposting, information and advice about health and social care	-	-	info@healthwatch-centralbedfordshire.org.uk 0300 303 8554.
Heath & Reach Village Angels	Mutual aid	Heath & Reach	-	07778 356097 or heathandreachpc@outlook.com
Helping Hands in Aspley Guise	Mutual aid	Aspley Guise	-	07923 490 001 meltheni@hotmail.com
Helping Hands in Woburn Sands	Mutual aid	Woburn Sands	-	07934 287255 gns@bedsrcc.org.uk
Henlow Parish Group	Mutual aid	Henlow Parish	-	Samantha Crawley Clerk@henlow-pc.gov.uk 01462 81180
Henlow Village Care Scheme	Mutual aid	Henlow	-	07914 425 038 gns@bedsrcc.org.uk
Hockliffe Helping Hands	Mutual aid	Hockliffe	-	07972 868 819 gns@bedsrcc.org.uk
Hockliffe Street Baptist Church	Telephone calls to lonely and isolated people	Leighton Buzzard	-	TBC
Houghton Conquest	Mutual aid	Houghton Conquest	-	gillwiggs@btinternet.com
Houghton Conquest Care	Mutual aid	Houghton Conquest	-	07969 982 970 gns@bedsrcc.org.uk
Houghton Regis Helpers	Mutual aid	Houghton Regis	-	07587 004 514 gns@bedsrcc.org.uk
Houghton Regis Mutual Aid Community Action Group (Covid-19)	Mutual aid	Houghton Regis	-	https://www.facebook.com/groups/HoughtonRegisMutualAidCommunityActionGroup/

Kensworth Community Scheme	Mutual aid	Kensworth	-	07919 081 473 gns@bedsrcc.org.uk
Langford Friends	Mutual aid	Langford	-	On call phone holder 8.00am to 8.00pm 07884 046741
Leighton Linslade Helpers Covid 19 Task Force Group	Mutual aid	Leighton Buzzard	-	www.leightonlinsladehelpers.org.uk 0300 300 8186 / 07517 851382 www.facebook.com/groups/lhhelpers/
Leighton Listening and Counselling	Telephone support and/or counselling	Leighton Linslade	-	07517 851395 (no texts) https://www.leightonlinsladehelpers.org.uk/telephone-help-form
Lidlington Good Neighbours	Mutual aid	Lidlington	-	07894 986 697
Living It Up	Telephone support	-	People with learning disabilities, Bedford and Central Beds	livingitupinfo@gmail.com 07964 067443
Luton All Womens Centre	Telephone and email help and support	-	Women experiencing or who have experienced domestic or any other form of abuse or trauma, women having any kind of difficulty where they need to talk to someone	01582 416783 or email support@lawc.org.uk
Marston Moretaine COVID-19 Mutual Support Group	Mutual aid	Marston Moretaine	-	https://www.facebook.com/groups/2569694446474021/
Maternity Voices Partnerships	Information about pregnancy, birth and breastfeeding	-	New and expectant parents	Bedford @bedfordmvp, L&D @lutonmvp, MK @maternitymk
Meppershall Gnomes	Mutual aid	Meppershall	-	07760 793 921 gns@bedsrcc.org.uk
Mind BLMK	Emotional wellbeing telephone support	-	People with poor mental health	Sapphira Timperio 07546174124 Sapphira.Timperio@mind-blmk.org.uk Crisis number is 01525 722225 5-11pm every day
Moggerhanger Support Group	Mutual aid	Moggerhanger	-	MSG@moggerhanger.uk 07538 257632
NOAH Academy	Staying well during isolation online course	-	All	academy@noahenterprise.org 01234 581108
Northill Parish Group	Mutual aid	Northill parish	-	parishclerk@northillparish.co.uk 01767 316170

One Houghton	Mutual Aid, First Aid and driving	Houghton Regis, Dunstable, Leighton Buzzard, Flitwick	Anyone self isolating; elderly, people with disabilities, families, individuals living alone	01582 803 111 www.onehoughton.uk www.onebedfordshire.uk
One Voice 4 Travellers	Support to reduce violence, and for	-	Gypsy, traveller and	01945 430724 onevoice4travellers@hotmail.com
Pohwer	Advocacy	-	Vulnerable people 18+	Via usual referral process https://www.pohwer.net/
Potton Good Neighbours Scheme	Mutual aid	Potton	-	07484 301289 gns@bedsrcc.org.uk
Project Nova	Telephone contact for support and advice with referrals for food parcels if required	-	Veterans who have been arrested or are at risk of arrest	Freephone 0800 917 7299 or email info.nst@projectnova.org.uk
Pulloxhill Parish Group	Mutual aid	Pulloxhill Parish	-	Brian Green parish.clerk.ppc@gmail.com 07930 157757
Road Victims Trust	Counselling over the telephone	-	Those affected by road death and life-changing injury	01234 843345 or enquiries@rvtrust.co.uk
Samaritans Bedford	Telephone support	-	Those in crisis	116 123 (free to call) 24 hours a day, 7 days a week
Sandy - All In Together (covid19)	Mutual aid	Sandy	-	https://www.facebook.com/groups/553413015286932/?ref=share
Sandy Good Neighbours	Mutual aid	Sandy	-	Stephen Ralph 07810213935 https://www.facebook.com/Sandy-Good-Neighbours-Group-850332911685137
Shefford Good Neighbours	Mutual aid	Shefford	-	07599 937811 sheffordgoodneighbours@gmail.com
Shefford Town Council	Mutual aid	Shefford	-	07923 224636
Shillington Help	Mutual aid	Shillington	-	01462 711 084 John Whitehall
Shillington Village	Mutual aid	Shillington	-	https://www.facebook.com/groups/187361628139681/
Sight Concern	Telephone and online support - supporting packages in places	-	People who are blind or sight impaired / some hard of hearing	01582 655554
SIGNS (Studham)	Mutual aid	Studham	-	07563 135 895 gns@bedsrcc.org.uk
Silsoe Coronavirus Support	Mutual aid	Silsoe	-	https://www.facebook.com/groups/187361628139681/
Silsoe Offers Support	Mutual aid	Silsoe	-	07747 827 642 gns@bedsrcc.org.uk

Slip End Good Neighbour Scheme	Mutual aid	Slip End	-	07513 372 415 gns@bedsrcc.org.uk
SNAP Parent Carer Forum	Advice and signposting	-	Parent carers who all have children or young people with Special Education Needs and/or Disabilities (SEND)	07984 545044 admin@snapcentralbeds.org.uk
South Beds Dial-a-Ride	Dial-a-ride service for emergency food shopping, and medical visits, delivery of 'click and collect' food if arranged, will consider other services of a similar type, for 'goods' or people	Throughout Luton and surrounding villages. Dunstable, Houghton Regis and surrounding villages	People who qualify for a bus pass through age, disability or social isolation	01582 235454 8am to 3.30pm bookings@sbdar.co.uk Emergencies 07539 867681
Southill Parish Council & All Saints Church	Mutual aid	Southill	-	Les Bolland Lesbolland@aol.com
St.Andrew's Church Ampthill	Mutual aid	Ampthill	-	nigel@vernewood.co.uk 01525 753170
Stondon Good Neighbours	Mutual aid	Stondon	-	07856 810 273 gns@bedsrcc.org.uk
Stotfold Churches Together	Food shopping and delivery	Stotfold	-	stotfoldchurchestogether@gmail.com 07401 220 349
Stotfold Good Neighbour Group	Prescription collection and delivery	Stotfold	-	07599 925 587 stotfoldgoodneighbour@gmail.com
Stotfold Town Council	Mutual aid	Stotfold	-	Kate Elliott-Turner kateelliott-turner@stotfoldtowncouncil.gov.uk 07458 303457
Stroke Association	National helpline	-	Stroke survivors	0303 3033 100
Studham Villagers/ Studham, Kensworth and Whipsnade Coronavirus Response Group (SKAW CRG)	Mutual aid	Studham Kensworth & Whipsnade	-	01582 873447 or 872597 gnstudham@hotmail.co.uk
Sutton Help	Mutual aid	Sutton	-	suttonhelp2020@gmail.com 01767 261316
The Hope Programme	Phone and online counselling	-	Victims of rape and sexual violence	0300 365 1045
Tithe Farm Primary School	Food parcels delivered	Houghton Regis	-	07599 995091 - phone between 10am and 12 to order food parcels
Toddington Covid-19 Help Team	Mutual aid	Toddington	-	01225 293377
Upper Caldecote Coronavirus Support Network	Mutual Aid	Upper Caldecote	-	https://www.facebook.com/groups/1632754686890299/?ref=group_header

Wixams & Wilstead Community Shopping Club	Mutual aid	Wixams & Wilstead	-	shoppingclub@wixams.org 07929 656674 Mon-Fri 9am – 7pm
Woburn Community Support	Mutual aid	Woburn, Battlesden, Husbourne Crawley, Steppingley, Potsgrove, Milton Bryan, Ridgemont, Brogborough	-	01525 290631
Wrestlingworth Goodwill Volunteers	Mutual aid	Wrestlingworth, Eyeworth and Cockayne Hatley	-	wrestlingworthgoodwillfund@gmail.com
YouTurn	Telephone support	-	Vulnerable individuals who may have an offending history, those wanting to move away from crime, and those whose socio-economic situation may lead to criminality.	0800 9175579 Monday to Friday 9am to 5pm