

South Localities Support Services – Coronavirus Outbreak

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1. Community Support

Facebook page – Leighton-Linslade Helpers
Community support for those in need – volunteers offering food, shopping, services etc. Business are also advertising support. Public group: https://www.facebook.com/groups/llhelpers/
Facebook page – Houghton Regis Mutual Aid Community Action Group (COVID-19)
Community support for those in need – volunteers offering food, shopping, services etc. Business are also advertising support. https://www.facebook.com/groups/HoughtonRegisMutualAidCommunityActionGroup/
Houghton Regis Helpers – Good Neighbour Scheme
Run by volunteers – help with shopping, prescriptions, post, phone befriending and advice. Contact: 07587 004514 or 07708 201112
Facebook page – Dunstable COVID-19 Mutual Aid
Community support for those in need – volunteers offering food, shopping, services etc. Business are also advertising support. https://www.facebook.com/groups/212501353493575/
NHS Responders
Voluntary support offering: -Check in and chat support – short term telephone support for those at risk of loneliness due to self isolation -Community Support – collection and delivery of shopping, medication or other essential supplies for those self isolating -Patient transport support – Transport for those ready for discharge from hospital or who are going to NHS appointments https://www.goodsamapp.org/NHSreferral
Heath and Reach Parish Council – Heath and Reach residents
Support for those self isolating or who are worried about leaving the house – can help with picking up shopping, urgent supplies, posting mail or a friendly phone call. Contact: 07778 356097 or heathandreachpc@outlook.com

2. Parenting Support

Homestart

Continuing to offer support to families and are accepting referrals, however, they are carrying out telephone appointments only.
Contact: 01582 660061

Family Action – Family Line

Free practical and emotional support on parenting and other family issues, befriending and short term telephone counselling to adult family members via phone, text, email and webchat. Available Monday to Friday 9am-9pm.
Contact: Telephone – 0808 802 6666 Text: 07537 404282
Email: familyline@family-action.org.uk Website: [Family Line](#)

Leighton Buzzard Children’s Centre

Offering Freedom, Revive, Weaning, Baby Days and Parent Puzzle as virtual groups. Numbers are limited.
Professionals can contact Children’s Centre or parents can self refer.
Contact: 01525 384368

Outside-In

Providing remote specialist ADHD/ASD counselling and coaching to families and young people at a rate of £50 per hourly session. Carers Grants can still be used to fund these.
Contact: enquiries@outsidein-solutions.org

Carers in Bedfordshire

Still accepting referrals, parents can also self refer. Offering support via email and phone. NHS Carers Grants still being processed as normal for adults and children. Deadlines for spending grants extended by 6 months.
Contact: 0300 111 1919 or contact@carersinbeds.org.uk

3. Youth Services

Groundworks – all areas

Virtual youth clubs via Zoom and online/phone call one to one support
Contact: Local Groundworks

TACTIC – Leighton Buzzard

TACTIC Centre is closed. Telephone support for young people will be available.
Contact: Linda Farmer 01525 373838 linda.farmer@leightonlinlade-tc.gov.uk

Think Ninja – Download App for young people

The link takes you to a free APP for young people aged 10-18
<https://www.healios.org.uk/services/thinkninja1>

Aquarius

Aquarius is a young people’s drug and alcohol service covering Bedford Borough and Central Bedfordshire. We are free, voluntary and confidential.
Our support can be accessed by any young person aged 5-18 who is affected by drugs and/or alcohol. This includes young people who are thinking about using and want information and advice; young people who are using and would like to reduce or stop; and young people affected by a family member’s drug and/or alcohol use.
We provide brief interventions and advice (up to 3 sessions) and longer term support (up to 12 sessions).
For further information please contact us on email YPBedfordshire@aquarius.org.uk .

4. Food/Household supplies

Supermarket Opening Hours for Vulnerable People
Asda: Before 9am, Fridays Co-op: 8-9am Monday-Saturdays, 10-11am Sundays Iceland: First hour of trading M&S: First hour of trading, Mondays & Thursdays Sainsburys: 8-9am, Mondays, Wednesdays & Fridays Tesco: 9-10a, Mondays, Wednesdays & Fridays
Waterdene Food Services – Leighton Buzzard
Catering supplier but are now offering deliveries to general public. www.waterdenefoodservice.co.uk Contact: 01525 371367 orders@waterdenefoodservice.co.uk
Irmak BBQ, Dunstable – Dunstable/Houghton Regis/Leighton Buzzard
Helping families and business find essentials including wipes, toilet roll, soap, pasta and aiming to stock up on more items for people in need. Contact: 01582 814180
Tithe Farm Primary Food Parcels – available to all HR community
Food parcels targeted at families who are not on benefits and therefore not eligible for FSM voucher, they are also covering those who are isolated and elderly in Houghton Regis. Contact: Call 07599 995091 between 10 -11.30am Deborah Pargeter D.Pargeter@tithefarmprimary.co.uk
Referrals to Community Mutual Aid groups
Information is on Facebook pages below. They are able to offer 3 day food parcels including delivery. Families can self refer/register themselves at vulnerable through the CBC link https://www.centralbedfordshire.gov.uk/info/26/public_health/737/coronavirus_-_covid-19/5
Co-op Delivery Service
Home delivery service for vulnerable people who are self-isolating and can't get out to shop for food and who live within three miles of one of the stores. Individuals can call/email and order from the food essentials shopping list . This will then be passed on to the local store who will contact them to confirm the availability, take payment and arrange delivery. The order will be delivered to their door by a volunteer, there is no charge for delivery. Contact: 0800 435 902 or member.communications@midcounties.coop

5. Financial Support

Citizens Advice
Offering phone and email advice only. Specific links below. Contact: 01525 373878 or 01525 374589 (Leighton Buzzard) 01582 670003 or 07367 457 834 (Dunstable) Coronavirus - Help paying bills Coronavirus - Struggling with living costs Coronavirus - Check what benefits are available

Universal Credit

Universal Credit can help you with your living costs if you're on low income or out of work.

How to claim: <https://www.gov.uk/how-to-claim-universal-credit>

Money Advice Service

Free and impartial money advice. Various information on coronavirus, including for people self employed, employed, running their own business, those unable to work due to looking after someone, childcare costs and free school meals.

<https://www.moneyadviceservice.org.uk/en/articles/coronavirus-what-it-means-for-you>

Central Beds Council – Support for individuals in hardship

CBC are offering additional financial support to those receiving Council Tax Support, Housing Benefit and increasing Local Housing Allowance.

CBC residents can also contact through the online form for support.

Contact: [Support for individuals in hardship](#)

The Family Fund

The Family Fund provides grants to families on low incomes who have disabilities or severe medical conditions to help with the cost of equipment, goods or services - from washing machines and refrigerators to sensory and educational equipment that they might not otherwise be able to afford. The grants are typically worth £400 to £500 per family, but vary depending on need.

You can find out more about the Family Fund here: <https://www.familyfund.org.uk/>