

Bedford

Organisation	What	Where (if not whole borough)	Who (if targeted)	Referral route (permission has been granted to publish these)
Access Bedford	Online support	-	deaf people	https://bit.ly/2vGgmrz or email deafspace@outlook.com
ACCM UK	Food parcels	-	-	07767 164804 or email info@accmuk.com
Adept Living Foundation CIC	Daily Zoom calls	-	-	https://alfcic.org/covid-19-alf-cic-free-emotional-support-group/
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
All Nations Bedford North	Mutual aid	Brickhill, Putnoe, Woodlands park, Clapham. Prime Ministers areas, The Poets and the town centre	-	9.30am to 3.30pm phone 01234 273773, other times 07753430802
All Nations South	Mutual aid	Kingsbrook, Cauldwell	-	Email Richard.Eaton@allnationsbedford.org
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
Aquarius	Drug and alcohol support service by telephone	-	Young people and their families	ypbedfordshire@aquarius.org.uk
Autism Bedfordshire	Helpline, membership registrations, referrals and assessments	-	Autistic people and their families	01234 350704 9am to 5pm or enquiries@autismbeds.org
Bedford Kindness	Mutual aid	Bedford town and Kempston	-	Message https://www.facebook.com/groups/1339423992913367/
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
Bedford Womens Centre	Telephone and zoom support for women who have experienced controlling or abusive behaviour, collection service for foodbank if isolating or unable to collect foodbank parcels	-	Women	01234 316801 admin@bedfordwomenscentre.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
Biddenham Parish	Mutual aid	Biddenham	-	01234 815393
Bolnhurst & Keysoe	Mutual aid	Bolnhurst & Keysoe	-	gillwiggs@btinternet.com

BRASS	Telephone advice	-	Refugees and asylum seekers	01234 211381 Tuesday and Wednesday 10am to 2pm
British Red Cross Covid Response	Basic shopping trips at the nearest supermarket, transport to and from hospital and medical appointments, "well being checks" via phone for those who are isolated	-	-	01234 341503 or 07525902552
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
Bromham Parish Council	Mutual aid	Bromham	-	01234 828851
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
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
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
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

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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 Bedford	Advice including benefits, work, debt & money, consumer and housing, food bank referrals	-	-	01234 867944 or https://www.bedfordcab.org.uk/find-advice-form.html
Clapham Residents Covid-19 Support Group	Mutual aid	Clapham	-	Tracie Pryke 07837498514 or https://www.facebook.com/groups/2635328676594172/
Colmworth Community Help Initiative	Mutual aid	Colmworth & Wilden	-	https://www.facebook.com/groups/592966014070985/
Community Works 4U	Craft kits to homes to pass time	-	People who are homeless or at risk of homelessness	wendy@communityworks4u.co.uk
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
Dean CV-19 Support Group	Mutual aid	Upper and Lower Dean and Shelton	-	?
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/
FACES	Reconditioned laptops for access to online learning, emergency hardship fund	-	Families with children who are in hardship	Email office@facesbedford.org Referrals for hardship fund via professionals
Families First Bedfordshire	Childcare for key workers	Goldington, Queens Park, Wootton	Keyworkers' children	Goldington 01234 352202, Queens Park 01234 261703, Wootton 07534 308632
Felmersham and Radwell Community Care	Mutual aid	Felmersham and Radwell	-	07786 344 176 gns@bedsrcc.org.uk
Food4	Food	-	-	https://www.facebook.com/Food4Bedford/ Dane Street Tuesday and Friday 11:00am till 1.00pm
Grace In The Community	Mutual aid	Kempston	-	helpinghands@graceinthecommunity.com 07478302125

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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
Great Neighbours in Cople	Mutual aid	Cople	-	07746 624 208 gns@bedsrcc.org.uk
Harrold Good Neighbours	Mutual aid	Harrold	-	07498 331 299 gns@bedsrcc.org.uk
Kempston Rural Good Neighbours Scheme	Mutual aid	Kempston Rural	-	07933 273549 gns@bedsrcc.org.uk
King's Arms Project	Online activities and learning sessions	-	Homeless, recently homeless and rough sleeping	07702335617 alice.sims@kingsarmsproject.org or 07921948431 phillipa.harries@kingsarmsproject.org
Little Staughton Volunteers	Mutual aid	Little Staughton	-	https://www.facebook.com/groups/littlestaughtonvillagegroup/?ref=group_header
Living It Up	Telephone support	-	People with learning disabilities, Bedford and Central Beds	livingitupinfo@gmail.com 07964 067443
Maternity Voices Partnerships	Information about pregnancy, birth and breastfeeding	-	New and expectant parents	Bedford @bedfordmvp, L&D @lutonmvp, MK @maternitymk
Milton Ernest Covid-19 Village Support Group	Mutual aid	Milton Ernest	-	07730581589 rebeccazwetsloot@hotmail.co.uk https://www.facebook.com/groups/505065313502760/
Mind BLMK	Emotional wellbeing or urgent crisis support by telephone	-	People with poor mental health	Clare Anderson 07597113613 Clare.Anderson@mind-blmk.org.uk Crisis number is 01525 722225 5-11pm every day
Money Advice at St Andrews	Money advice via remote service	-	-	MoneyAdvice@standrewsbedford.org
NOAH Academy	Staying well during isolation online course	-	All	academy@noahenterprise.org 01234 581108
One Voice 4 Travellers	Support to reduce violence, and for those affected by domestic abuse	-	Gypsy, traveller and Roma community	01945 430724 onevoice4travellers@hotmail.com www.onevoice4travellers.co.uk
ORCA Oakley Residents Covid19 Assistance	Mutual aid	Oakley	-	https://www.facebook.com/groups/674903343315381/
Pavenham Community Support Group	Mutual aid	Pavenham	-	phone 01234 632067 email pavenhamcsg@gmail.com or message https://www.facebook.com/groups/Pavenhamcommunitysupport/
Pohwer	Advocacy	-	Vulnerable people 18+	Via usual referral process https://www.pohwer.net/

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Power In Discussion	Telephone support	-	Anyone feeling lonely	07818 054 074 Mon-Fri 5pm to 7pm and Sat/Sun 8am to 10am and 5pm to 7pm
Project 229: CAP Debt Support	Debt coaching	Kempston, part of Bedford	Anyone who is struggling with debt	0800 328 0006 during office hours to book an appointment with the local team
Project 229: Kempston Advice Hub	Advice and support for money, housing, benefits, health and wellbeing	Kempston	-	wendyj@bedsrcc.org.uk or beccy@project229.org
Project 229: SPACE	Support including youth club in your living room, small group sessions and one-to-one support	-	Young people aged 9 to 16 years (school years 5+) in Bedford Borough who have experienced one adult hurting another adult in their home	07545 753934 www.project229.org/space
Project 229: The Art Well	Support and arts activity on Tuesdays 1 to 2.30pm via Zoom	-	Adults with needs relating to social isolation or mental health	07919 802064 theartwell.kempston@gmail.com
Project 229: Wellbeing Sessions during Covid 19	Wellbeing during covid 19 online sessions to help with resilience	Kempston	Adults	07941 401140 heather.solesbury@graceinthecommunity.com
Project 41	Telephone befriending	Bedford town and surrounding area	Lonely and isolated people with no local connection	befriending@woodsidechurch.com 07887 918885
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
Renhold Parish	Mutual aid	Renhold	-	01234 771994 nicky.gribble@icloud.com
Riverfield Residents	Mutual aid	Riverfield Drive area	-	Message https://www.facebook.com/groups/161054539679/
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

SEVA Trust UK	Food parcels for international students impacted by Covid19, advice for uni fees and rent breaks, medical aid queries, stress support etc		Elderly, people in need in hard to reach communities & international students	07417 478274 info@sevatrusted.org
Sharnbrook Good Neighbours Scheme	Mutual aid	Sharnbrook	-	01234 782 376 gns@bedsrcc.org.uk
Shri Guru Ravidass Sabha	Hot meals delivered	-	Elderly, vulnerable and self-isolating	07715347643
Sight Concern	Telephone and online support - supporting packages in places	-	People who are blind or sight impaired / some hard of hearing	01582 655554
Stewartby Community Help	Mutual aid	Stewartby	-	07407 438829
Stroke Association	National helpline	-	Stroke survivors	0303 3033 100
Swineshead Covid19 Support Network	Mutual aid	Swineshead	-	awaiting details
The Hope Programme	Phone and online counselling	-	Victims of rape and sexual violence	0300 365 1045
Tibbs Dementia Foundation	Weekly contact calls and/or CST materials by email	-	People affected by dementia	01234 210993 Mon to Fri 10am to 1pm contact@tibbsdementia.co.uk
Turvey Helpers	Mutual aid	Turvey	-	https://www.facebook.com/OC19SG/
Willington Good Neighbour Group	Mutual aid	Willington	-	07779 906 020 gns@bedsrcc.org.uk
Wilstead Good Neighbour Group	Mutual aid	Wilstead	-	07807 408 928 gns@bedsrcc.org.uk
Wixams & Wilstead Community Shopping Club	Mutual aid	Wixams & Wilstead	-	shoppingclub@wixams.org 07929 656674 Mon-Fri 9am – 7pm
Wootton Good Neighbour Scheme	Mutual aid	Wootton	-	07717 770 247 gns@bedsrcc.org.uk
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