

| Organisation | What | Where (if not whole borough) | Who (if targeted) | Referral route (permission has been granted to publish these) |
|---|--|------------------------------|--|---|
| Action Force Community Group | Deliver hot cooked meals, fruit and vegetable packs and dry food and tinned food packs | - | isolating and vulnerable people affected by COVID -19 | Safdar Sayeed: 07983 601008. Gainat Kazeem: 07984134851. http://actionforce.org.uk/request-help/ |
| Adept Living Foundation CIC | Daily Zoom calls | - | - | https://alfcic.org/covid-19-alf-cic-free-emotional-support-group/ |
| Age Concern Luton | Telephone support and food delivery | - | Existing users only - over 50s | 01582 456 812 admin@ageconcernluton.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 |
| ASR Project | Sale of essential items at cost for those who can afford it. Donations of essential items for those unable to afford it | - | - | Rana Miah rmiah@asrproject.co.uk |
| Autism Bedfordshire | Helpline, membership registrations, referrals and assessments | - | Autistic people and their families | 01234 350704 9am to 5pm or enquiries@autismbeds.org |
| Azalea | Advocacy. Food parcels containing but not limited to food, coffee, toiletries, cakes, and frozen meals. | - | Women that are impacted by commercial sexual exploitation | 01582 733200 |
| BAPS Shri Swaminarayan Mandir | Mutual aid | Luton | Service users | 01582 455295 rajeshpancholi@hotmail.com |
| 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 |
| British Red Cross Refugee Support Service | Support including referrals to local authorities and the Home Office for accommodation and support, advice on the asylum process and asylum support, assistance accessing healthcare, referrals for legal advice on cases and foodbank referrals | - | Refugees, asylum seekers and vulnerable migrants (defined as non-EEA/EU Nationals in need) | SaimaHussain@redcross.org.uk or if urgent, 07753853212 |
| 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 |
| Christchurch Bushmead | Mutual aid | Bushmead estate | - | 0333 772 1709 |
| 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 |
| 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 Luton | Advice including benefits, work, debt & money, consumer and housing, food bank referrals | - | - | 0344 245 1285 |
| Community Interest Luton | Hot meals from the Soup Kitchen | - | - | 07763 990080 |
| Covid-19 Luton Community Action Group | Mutual aid | - | - | https://www.facebook.com/groups/615799988998119/ |
| Crisis Aid | Ready made cooked food parcels | - | Elderly vulnerable people | Abdul Qadeer. Tel: 01582 211066. E-mail: emergenciesupport@crisisaid.org.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 |

| | | | | |
|----------------------------|--|-------------------|--|--|
| CYCD | Mutual aid, childcare for key workers | - | Phone calls to existing service users, preschool childcare for key workers, lunch packs for children who are not in receipt of free school meals whose parents are adversely affected by Coronavirus but not eligible for government aid, mutual aid for older people who are isolated | 01582 519500 rob.burton@cycd.org.uk or s.moheuddin@cycd.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://drcbds.org.uk/contact-us/ |
| Discover Islam | Deliveries, supplies and telephone support | - | - | Email via https://discover-islam.co.uk/ |
| Empowering Education | Food/medicine delivery and telephone support | - | - | 07555 726984 |
| 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/ |
| Friends of Bright Eyes | Mutual aid, benefits advice and advocacacy | - | Parents/carers of children and adults with disabilities | Mohammed Yasir 7871500706 |
| Go Dharmic | Delivering meals | - | Elderly who are isolating, vulnerable individuals such as homeless people or those in shelters and hostels and NHS workers | 020 7112 8853 |
| 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 |
| HB Curry | Free meals from 6pm - 12 midnight every day | - | Older people (over 70) | Mohammed Belal Hussain. 01582 414243 |
| Healthwatch Luton | Signposting and information on health and care | - | - | 01582 817060 or info@healthwatchluton.co.uk |

Luton

| | | | | |
|-------------------------|---|------------|--|---|
| Healthy Minds | Online support to your mental wellbeing on a daily basis and interacting with individual through virtual media | - | - | Shaiza Afzal - hea1thyminds@outlook.com |
| High Town Mutual Aid | Mutual aid | High Town | People living in High Town | Sam Willis 07714 252342 hightowncommunityworker@gmail.com |
| Hockwell Ring Mosque | Delivering groceries and medicine (no alcohol). <i>Payment will need to be made upon delivery. No fee for the service.</i> | - | - | Muhit: 079 7333 7269 or Sarwar: 079 0323 6926 |
| Hope Church | Cooked food at 12 noon on Mondays/Wednesdays and 10:30am on a Saturday, served in take-away containers. Limited number of food parcels. | - | - | Sarah Hibbard sarah.hopechurch@gmail.com |
| Level Trust | Learning packs for children ages 4 - 6, 7 -11 and 12-16 containing books, learning resources and craft materials and an Emergency Home School Fund providing food, clothing and learning resources for 3 - 18 year olds | - | Children aged 4 to 16 from families that are experiencing financial hardship | www.wearluton.org |
| 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 |
| Luton Foodbank | Food | - | People who cannot afford food and are in financial hardship. | crisissupport@lutonfoodbank.org.uk |
| Luton Irish Forum | Welfare benefits and information on maintaining wellbeing, telephone befriending & signposting, shopping and prescription delivery for members who are vulnerable | - | - | info@lutonirishforum.org or phone 01582 720447 Mon-Fri 9.30-3.30 |
| Marsh Farm Outreach | Mutual aid | Marsh Farm | - | https://en-gb.facebook.com/MarshFarmOutreach/ |

| | | | | |
|-------------------------------|--|--------------------------------|--|---|
| Maternity Voices Partnerships | Information about pregnancy, birth and breastfeeding | - | New and expectant parents | Bedford @bedfordmvp, L&D @lutonmvp, MK @maternitymk |
| Mercy Universal | Food/medicine delivery and telephone support | - | - | 07950 541170 or 07950 541244 |
| Mind BLMK | Emotional wellbeing telephone support | - | People with poor mental health | Katy Eagle 07867398246 Katy.Eagle@mind-blmk.org.uk Crisis number is 01525 722225 5-11pm every day |
| NOAH Academy | Staying well during isolation online course | - | All | academy@noahenterprise.org 01234 581108 |
| NOAH Enterprise | Food services for homeless, accommodation and support. Also food parcels for known families in need. | - | Service users and limited support to the general public. | 01582 726152 07976 531243 warren.edwards@noahenterprise.org |
| NOAH Welfare | Outreach, meals, clothing, showers and advice clinics | - | Rough sleepers | 01582 728416 |
| Oasis Centre | Telephone support and online English classes | - | Women, especially those who speak Urdu and other women with English as a second language | 07305 337825 |
| Olive Tree Church | Phone calls and cards sent, regular email contact, help with shopping / collecting prescriptions | Blenheim Cres / Biscot Rd area | Housebound | Helen Owen 01582 592039 |
| 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 |
| Pohwer | Advocacy | - | Vulnerable people 18+ | Via usual referral process https://www.pohwer.net/ |
| Pragati Women's Organisation | Offering services to members of the public. | East Luton area | - | Mrunalini Bakshi bmrunalini@outlook.com |
| 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 |
| Ramridge Baptist Church | Mutual Aid | Ramridge Estate | Mostly own congregation but could take on a small number of other people within the area | Dave Sunman 01582 738064 |

Luton

| | | | | |
|-----------------------------------|--|---|---|---|
| Resolutions (Change Grow Live) | Telephone information and advice, methadone prescriptions - larger amounts less frequently | - | Drug and alcohol users | resolutions.info@cgl.org.uk 0800 054 6603 |
| Road Victims Trust | Counselling over the telephone | - | Those affected by road death and life-changing injury | 01234 843345 or enquiries@rvtrust.co.uk |
| Salvation Army Luton | Food parcels, getting shopping and prescriptions, someone to talk to, debt advice, benefits advice, help with topping up your gas or electric key | - | - | 01582 450038 (debt/benefits advice 01582 343699 or gas/electric top-ups 0800 4561673) |
| Samaritans Luton | Telephone support | - | Those in crisis | 116 123 (free to call) 24 hours a day, 7 days a week |
| Sight Concern | Telephone and online support - supporting packages in places | - | People who are blind or sight impaired / some hard of hearing | 01582 655554 |
| Signposts Luton | Supported housing | - | People who are homeless or at risk of homelessness | 01582 722629 admissions@signpostsso.org |
| 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 |
| St Thomas' Parish Church Stopsley | Food care packages, emotional and spiritual support | Stopsley | - | vicar@stopsleyparish.org.uk ; 01582 721911 |
| Stopsley Baptist Church | Food care packages, emotional and spiritual support | Stopsley | - | Office@stopsley.net 01582 727352 |
| Stroke Association | National helpline | - | Stroke survivors | 0303 3033 100 |
| Sundon Baptist Church | Shopping, deliveries, collection of prescriptions and with transport and providing pastoral support for people going through bereavement. | Sundon | - | 01582 576974 |
| The Butterfly Project | Welfare calls and text, online support groups | - | Vulnerable women but no strict restrictions | info@butterflyproject.org.uk |

Luton

| | | | | |
|--|---|---------------------------|--|---|
| The Hope Programme | Phone and online counselling | - | Victims of rape and sexual violence | 0300 365 1045 |
| Tokko | Online and telephone support | - | Young people between 13 -24 years old | andy.calvert25@virginmedia.com |
| We Are Luton (formerly Luton Youth and Families Covid-19 Response Group) | Care packages, baby equipment, food, online mentoring, parent chats, online learning and entertainment resources and online youth groups | - | Children, Young People and their Families via https://www.weareluton.org/referral | phyl.rainey@leveltrust.org 07921687178 www.weareluton.org |
| Winners Chapel | Food bank on Wednesdays and Saturdays 12 to 2pm | High Town and town centre | - | Call or text 07921 418427 or 07828 140851 or 07532 679230 |
| Women's Aid in Luton | Telephone helpline is available. Refuges are open but no new referrals being taken - this situation will be kept under review | - | Women and families in domestic abuse | Telephone helpline only 07772 697391 10am to 5pm Monday to Friday |
| Youthscape | 1:1 online mentoring, digital drop-in sessions, free meal packs (including a recipe card, Youtube tutorial and all ingredients), emotional wellbeing support, online content, entertainment, activities and challenge on our @youthscape.luton instagram page | - | Young people aged 11 to 18 years | gemma.milligan@youthscape.co.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 |