

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. <a href="http://actionforce.org.uk/request-help/">http://actionforce.org.uk/request-help/</a>
Adept Living Foundation CIC	Daily Zoom calls	-	-	<a href="https://alfcic.org/covid-19-alf-cic-free-emotional-support-group/">https://alfcic.org/covid-19-alf-cic-free-emotional-support-group/</a>
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	-	-	<a href="https://www.facebook.com/groups/615799988998119/">https://www.facebook.com/groups/615799988998119/</a>
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 <a href="https://drcbds.org.uk/contact-us/">https://drcbds.org.uk/contact-us/</a>
Discover Islam	Deliveries, supplies and telephone support	-	-	Email via <a href="https://discover-islam.co.uk/">https://discover-islam.co.uk/</a>
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 <a href="https://www.facebook.com/LinkLuton/">https://www.facebook.com/LinkLuton/</a>
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 - <a href="mailto:hea1thyminds@outlook.com">hea1thyminds@outlook.com</a>
High Town Mutual Aid	Mutual aid	High Town	People living in High Town	Sam Willis 07714 252342 <a href="mailto:hightowncommunityworker@gmail.com">hightowncommunityworker@gmail.com</a>
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 <a href="mailto:sarah.hopechurch@gmail.com">sarah.hopechurch@gmail.com</a>
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	<a href="http://www.wearluton.org">www.wearluton.org</a>
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 <a href="mailto:support@lawc.org.uk">support@lawc.org.uk</a>
Luton Foodbank	Food	-	People who cannot afford food and are in financial hardship.	<a href="mailto:crisissupport@lutonfoodbank.org.uk">crisissupport@lutonfoodbank.org.uk</a>
Luton Irish Forum	Welfare benefits and information on maintaining wellbeing, telephone befriending & signposting, shopping and prescription delivery for members who are vulnerable	-	-	<a href="mailto:info@lutonirishforum.org">info@lutonirishforum.org</a> or phone 01582 720447 Mon-Fri 9.30-3.30
Marsh Farm Outreach	Mutual aid	Marsh Farm	-	<a href="https://en-gb.facebook.com/MarshFarmOutreach/">https://en-gb.facebook.com/MarshFarmOutreach/</a>

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 <a href="https://www.pohwer.net/">https://www.pohwer.net/</a>
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

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Resolutions (Change Grow Live)	Telephone nformation and advice, methodone 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

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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 <a href="https://www.weareluton.org/referral">https://www.weareluton.org/referral</a>	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