



Hertsmere

Local Support Services

Local Support

Herts Help

Need help and don't know where to turn? Have a question or problem? We can help.

0300 123 4044 info@hertshelp.net

Communities 1st

Providing essential services to members of the community in need, supporting local charities, and recruiting and training volunteers.

020 3559 3559 us@communities1st.org.uk

Citizen's Advice

Providing free, confidential and impartial advice and campaigning on big issues affecting people's lives.

03444 111 444 elstreadvice@hertsmerecab.org.uk

Foodbanks

Borehamwood Foodbank

01722 580 180 info@borehamwood.foodbank.org.uk

Potters Bar Foodbank

07367 789 410 info@pottersbar.foodbank.org.uk

Bushey Foodbank

07483 260 440 foodbank@redtrustbushey.org

Gratitude Groceries Giveaway

07456 737 767 sheilacarlisle.gratitude@gmail.com



Family Support

Family Centres

Support for families, parents and carers.

0300 123 7572 hertsmere.FCSenquiries@inspireall.com

Homestart

Supporting parents to be the best they can be, to improve children's outcomes.

01923 248 010 enquiries@home-startwatford.org.uk

Health and Wellbeing

Healthy Hubs Hertsmere

Free information, advice and support to stay healthy and well.

020 8207 7801 Health.wellbeing@hertsmere.gov.uk

We move she moves

Offers lots of women only activities in your local community.

020 8207 7801 community.services@hertsmere.gov.uk

Shape Up

Male weight loss service.

01923 496 391 rhys.ratcliffe@watfordfc.com



Mental Health Support Service

Herts Mind

Providing advice, information, referral and holistic support to people experiencing mental ill-health and drug/alcohol difficulties.

020 3727 3600 info@hertsmindnetwork.org