

LETCWORTH GARDEN CITY

HELP & SUPPORT IN YOUR GARDEN CITY





If your group would like
to be featured in
future editions please
contact us on
01462 476057

WELCOME



This community booklet has been brought together by charities and not-for-profit organisations based in Letchworth that provide help and specialist support to meet specific needs within the Garden City.

There may be a charge for the services offered by some clubs or organisations, however the charge is either to cover costs or subsidised through other funding.

MAKING THE MOST OF THIS BOOKLET

To make it as easy as possible to use this booklet, we have created the following sections:

Families, children and young people

Health and wellbeing across the community

Community activities involving volunteers to support residents

Housing and money matters

FAMILIES, CHILDREN & YOUNG PEOPLE



Angels Support Group

Offers support and advice for parents and carers of children with a diagnosis of ADHD or an autistic spectrum disorder. The group offers support and advice bringing parents and carers together to share experiences and reduce isolation.

angelssupportgroup.org.uk
01462 685150

Choice North Herts

Unbiased and confidential information to anyone in a crisis pregnancy, and to support them whatever their decision.

choicenorthherts.org.uk
01462 683054

Families Feeling Safe (Protective Behaviours)

A practical and down to earth approach to personal safety and self-esteem that encourages self-empowerment.

familiesfeelingsafe.co.uk
01438 728653

Family Lives

Supports parents/carers dealing with the challenges and changes that are a part of family life.

familylives.org.uk
0808 800 2222

Garden House Hospice

Providing a wide range of services for patients, their carers and families facing a life limiting illness.

ghhospice.co.uk
01462 679540

Herts Young Homeless

Provides a number of services to support vulnerable, homeless people aged between 16 to 24 years old. They also have an under 16's mediation service supporting children as young as 10 years old.

hyh.org.uk
0800 355775

Mencap

Works in partnership and supports people with learning disabilities and their families and carers.

www.mencap.org.uk

Home-Start Hertfordshire

Supports families with at least one child under five who are experiencing stress and difficulties. Volunteers visit families weekly in their own home and we also run two community based sessions.

http://home-startherts.org.uk
01438 367788

Jackie's Drop-In

A drop in centre for adults with disabilities aged 18+, based in Letchworth but covering the whole of North Hertfordshire and surrounding areas. They charge a daily entrance fee of £1.50 (entrance for carers is free) which includes a free drink.

jackiesdropin.org.uk
01462 338 752

Letchworth Garden City Church

Offers practical services to the community ranging from parent and toddler groups to meals for senior citizens to gardening and decorating assistance for those facing difficult personal circumstances.

mylgcc.com

Icknield Childrens Centre

Advice, guidance, support and services for all families with a child under five years old.

icknieldinfants.herts.sch.uk/
icknield-childrens-centre
01462 684324

Hollyblue Childrens Centre

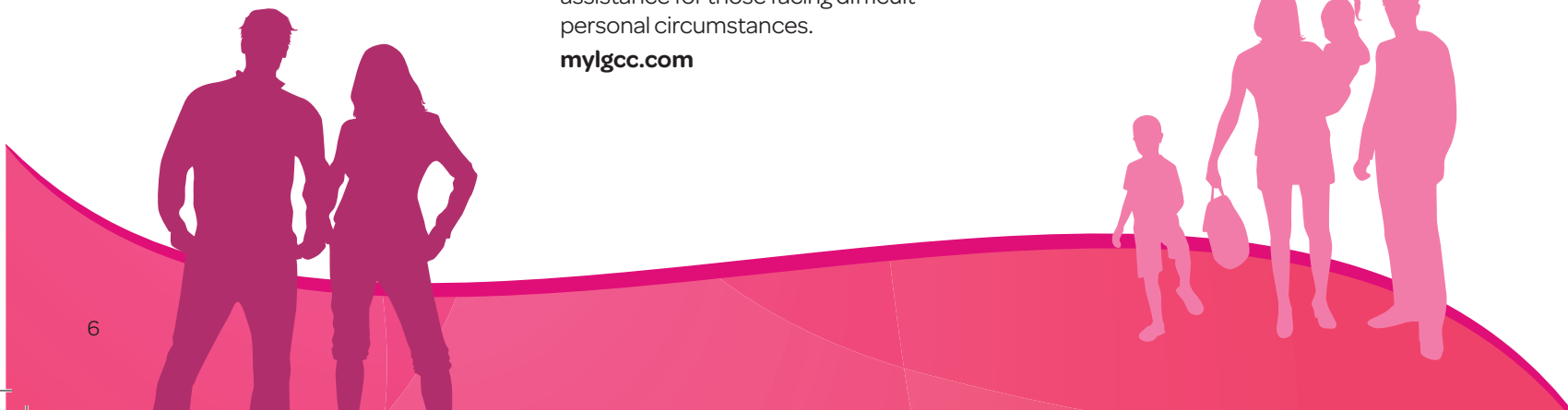
Advice, guidance, support and services for all families with a child under five years old.

letchworthandbaldockcc
@pre-school.org.uk
01462 893615

Chestnut Tree Childrens Centre (Jackman's)

Advice, guidance, support and services for all families with a child under five years old.

letchworthandbaldockcc
@pre-school.org.uk
01462 681334





Lime Tree Children's Centre (Westbury)

Provides advice, guidance, support and services for all families with a child under five years old.

**letchworthandbaldockcc
@pre-school.org.uk
01462 663120**

National Autistic Society

Supports families living with autism, across age, across spectrum and across Hertfordshire. Raising awareness and works with all bodies that can help improve the lives of people with autism.

**autism.org.uk
0808 8004104**

Breakaway

Provides special needs respite play schemes to children/young people aged 5-19 years through a varied programme of activities. Enables opportunities for peer interaction to develop social skills among children and young people, while giving much needed respite for parents and carers.

**nhcvsbreakaway.org.uk
01462 689406**

The Phoenix Group for Deaf Children

Promotes independence in deaf young people 0-25 while supporting their families. The group runs a range of workshops and training based on what members need.

**phoenixgroup.org.uk
01438 722142**

The Wilbury Community Forum

Run by a group of Trustees to help and support residents in the Wilbury area of Letchworth. New members and volunteers always welcome.

wilbury.org.uk

Up on Downs

A parent run organisation which supports families of children with Down's Syndrome.

**upondowns.co.uk
01462 630459**



HEALTH AND WELLBEING ACROSS THE COMMUNITY



Breathe Easy North Herts

Supports those with lung diseases their family, friends and carers with meetings, literature and a helpline.
blf.org.uk/support-in-your-area
0300 030555

Carers in Hertfordshire

Information and support for carers of all ages who live, work or care in Hertfordshire.
carersinherts.org.uk
01992 586969

Crossroads Care Hertfordshire North

Respite breaks for unpaid family carers of those who are ill, frail, disabled or suffer from mental health or substance abuse issues.
crossroadshn.org.uk
01462 455578

Ernest Gardiner Treatment Centre

Physiotherapy, occupational therapy and nursing care rehabilitation therapy after illness, surgery, injury or falls. All Letchworth residents can be referred to this service by doctors.
letchworth.com/heritage-foundation
01462 670955

Growing People

Promotes wellbeing and positive mental health through social and therapeutic horticulture.

growing-people.org.uk
07794 347283

Headway Hertfordshire

Supports people with acquired brain injury, their families and carers.

headway-herts.org.uk
0300 330 1455

Hertfordshire Independent Living Services

Provides a range of services to help older, vulnerable people to stay happy, health and independent.

hertsindependentliving.org
0300 2000103

Hertfordshire MS Therapy Centre

Provides therapies across Hertfordshire and South Bedfordshire for people with MS and other neurological conditions, including stroke.

hertsmstherapy.org.uk
01462 684214

Howard Garden Social and Day Care Centre

A day care service and social club for older people in Letchworth and North Herts providing social opportunities including table tennis, swimming, seated keep-fit, art, computing and 'knitting and knattering'.

howardgardensocialcentre.org
01462 682524

Leisure Direct

Leisure opportunities for adults with learning disabilities in the Stevenage and North Herts area.

leisuredirect.org.uk
01462 485543

Letchworth Centre for Healthy Living

A small charity delivering innovative programmes which improve health, enhance wellbeing and prevent illness for all sections of the community.

letchworthcentre.org
01462 678 804

Friends Scheme for Mental Health

Befriending service in Royston for adults recovering from long-term mental health problems. Support provided for people to fulfil their ambitions to take part in mainstream social, community, recreational and vocational activities.

ryan.sharp@hertspartsft.nhs.uk

Mind Yourself

Empowers a diverse range of men from all walks of life to build up their self-esteem by enabling them to run their own voluntary, mutually supportive, client-led club.

07887 608 044

North Herts Branch of Multiple Sclerosis Society

Offers a range of support services for MS sufferers and their families.

mssociety.org.uk
01462 790210

North Herts 50plus

Run by the over 50s, for the benefit of the over 50s. To involve older people in decision making and influence the formulation and implementation of policy both nationally and locally.

nh50plus.org.uk
01462 689408

Parkinson's UK

The UK's Parkinson's support and research charity working to find a cure and improve life for everyone affected by Parkinson's.

parkinsons.org.uk
01438 871358

Stroke Association

Provides a number of vital support services across the country to help those affected by stroke to regain their lives.

stroke.org.uk
01438 845941

Shopmobility Scheme

Based at the Tourist Information Centre, the scheme offers access to electric scooters to use around the town centre to get you from A to B. Please pre book.

letchworth.com/heritage-foundation
01462 487868

COMMUNITY ACTIVITIES INVOLVING VOLUNTEERS TO SUPPORT RESIDENTS



CORTEX Hertfordshire

A support and social group for transgender people and their partners in North Hertfordshire. Open to all and holds group meetings, arranges day trips and offers help to transgender people with peer-to-peer support.

**cortex-herts.org
01462 742 660**

Cruse Bereavement Care Hertfordshire

One-to-one bereavement support, either on the phone, or our volunteers visit clients in their own homes.

**cruse-hertfordshire.org.uk
08444 779 400**

East & North Hertfordshire NHS Trust, Voluntary Services Dept.

Volunteers help on the wards working on one-off projects, supporting admin staff, driving patients to healthcare appointments or guiding patients around the hospitals.

**[enherts-tr.nhs.uk/get-involved/
volunteering/](http://enherts-tr.nhs.uk/get-involved/volunteering/)
01438 284285**

Hertfordshire Action on Disability (HAD)

Delivers innovative, affordable, equipment and practical services to older and disabled people.

hadnet.org.uk
01707 324581

Hertfordshire Hearing Advisory Service

Ensures people get maximum benefit from their NHS hearing aids, by providing provision of advice; information and practical support in the form of basic hearing aid maintenance.

hhas.org.uk
01707 324582

Hertfordshire Society for the Blind

Supports and empowers people in Hertfordshire with a visual impairment.

hertsblind.com
01707 324680

Herts Help

Gives practical support, guidance and information to anyone living in Hertfordshire who has a question or faces a problem.

hertfordshire.gov.uk/your-community/ihertshelp
0300 123 4044

Herts MIND Network

Empowers individuals experiencing mental health conditions through our Wellbeing Centres and Outreach Centres located across Hertfordshire.

hertsmindnetwork.org.uk
02037 273600

Letchworth Foodbank

Provides emergency food parcels to families and individuals in crisis, offers support and guidance and connects people with other relevant services.

letchworth.foodbank.org.uk
07580 184586

Minibus Service

A free service for groups travelling within Letchworth. Minibuses can be booked for trips outside the Garden City but will incur a cost.

letchworth.com/heritage-foundation
01462 476033

North Herts Minority and Ethnic Forum

Provides services and information to improve the quality of life of BME people in the community.

hertsmindnetwork.org
01462 440224

Road Victims Trust

Provides emotional and practical support to people who have been affected by the trauma and bereavement of a fatal road collision.

rvtrust.org.uk
01234 843345

Tilehouse Counselling

Professional counselling for people living in Hitchin and North Herts.

tilehouse.org
01462 440674

Volunteer Centre North Herts

Helps to find volunteering opportunities that are right for you with a confidential one-to-one chat to discuss what you would like to do.

nhcvs.org.uk
0300 6660596



HOUSING AND MONEY MATTERS



Citizens Advice North Hertfordshire and District

Free, confidential and impartial advice to everyone in the community on a range of issues including benefits, money, employment, housing and family.

northhertscab.org.uk
0344 4111444

Howard Cottage Housing Association

Provides housing and support services as well as advice.

howard-cottage.co.uk
01462 687068

Job Centre Plus

Helps people move from benefits into work and helps employers advertise jobs. Also deals with benefits for people who are unemployed or unable to work because of a health condition or disability.

gov.uk/jobs
0845 6043719



Furniture Link

Sells quality low cost furniture that is donated and reused. Furniture is collected and sold from the Furniture Link showroom.

nhcvs.org.uk/furniturelink
01462 683 800

North Hertfordshire District Council

Offers help with housing, benefits, environmental matters and community information.

north-herts.gov.uk
01462 474000

The booklet has been funded and distributed on behalf of the partnership by **Letchworth Garden City Heritage Foundation.**

North Herts CVS

Provides support to local charities, community groups and individuals. NHCVS can help with funding and fundraising, finding volunteers and structuring your group.

nhcvs.org.uk
01462 689 400

PARTNERS

This booklet has been compiled through a partnership of Letchworth based organisations working in or with the support groups in the town.

The partners are:



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The inclusion of groups in this guide is not in any way an endorsement of their services or activities. No prior checks or assurances about the featured groups have been made.

Every effort has been made to ensure the accuracy of this guide. However, please check with the group or service before making your journey.