



# 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](mailto: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](mailto: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](mailto:elstreadvice@hertsmerecab.org.uk)

## Foodbanks

### Borehamwood Foodbank

**01722 580 180**     [info@borehamwood.foodbank.org.uk](mailto:info@borehamwood.foodbank.org.uk)

### Potters Bar Foodbank

**07367 789 410**     [info@pottersbar.foodbank.org.uk](mailto:info@pottersbar.foodbank.org.uk)

### Bushey Foodbank

**07483 260 440**     [foodbank@redtrustbushey.org](mailto:foodbank@redtrustbushey.org)

### Gratitude Groceries Giveaway

**07456 737 767**     [sheilacarlisle.gratitude@gmail.com](mailto:sheilacarlisle.gratitude@gmail.com)



## Family Support

### Family Centres

Support for families, parents and carers.

**0300 123 7572**      [hertsmere.FCSenquiries@inspireall.com](mailto: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](mailto: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](mailto: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](mailto:community.services@hertsmere.gov.uk)

### Shape Up

Male weight loss service.

**01923 496 391**      [rhys.ratcliffe@watfordfc.com](mailto: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](mailto:info@hertsmindnetwork.org)