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Other services available



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Community Hertsmere

Community Hertsmere provides support and services to local organisations, charities and businesses and individuals in Hertsmere. These services include Hertsmere volunteer centre and timebank, management of some community centres in Hertsmere and the community Shop on Leeming Road.

To find out more visit their [website](#).

Bushey Wellbeing Gateway Service

Do you want to feel healthier, happier and more involved in your community?

The Hertsmere Wellbeing Gateway Service helps you to explore extra services that may support you to improve your health, wellbeing and independence. Delivered by Community Hertsmere, Citizen's Advice Hertsmere and Herts Mind Network.

A member of your GP practice team may suggest a referral to the WGS service. One of the Wellbeing Workers will contact you to find out what you are interested in, tell you about what activities and services are available locally and help you to access them.

You can get more information by calling 020 8207 4504, email hwgs@communityhertsmere.org.uk or visit www.communityhertsmere.org.uk/HWGS

Hertfordshire's Warmer Homes

Keeping warm is important for your health, especially if you have a young family, are over 75 or have a long-term health condition such as respiratory disease. Energy efficiency improvements such as insulation will help you both to live warm at home as well as reduce the cost of your energy bills.

The Hertfordshire Warmer Homes scheme offers free or discounted household energy improvements to eligible vulnerable and low income households.

The World Health Organisation recommends that safe indoor temperatures for older people, young children and those with a long-term health condition is 21°C (70°F) during the day and 18°C (64°F) at night.

The types of improvements that may be available include:

- Loft insulation
- Cavity wall insulation
- Solid wall insulation
- Boiler repairs

For more information or to check if you're eligible, contact HertsHelp:

info@hertshelp.net

0300 123 4044

More information is available for professionals [here](#).

Hertfordshire County Council has produced a Statement of Intent setting out who is eligible to benefit from the Hertfordshire Warmer Homes initiative. Please read the [Statement of Intent](#).

Hertsmere foodbanks

Foodbanks give three days of emergency food to local people in crisis and enable communities to help each other.

Food is given out via a voucher scheme following a referral from one of a number of agencies. If you need help you can obtain a voucher from your case worker, [Citizens Advice Bureau](#), [Clarion](#), [Job Centre Plus](#), [the Borehamwood and Elstree Children's Centre](#), [Homestart](#), [Crossroads](#), [Mencap](#) and others. Vouchers are also issued at The Civic Offices, Elstree Way, Borehamwood WD6 1WA. The voucher can only be redeemed at the Borehamwood Foodbank.

The available foodbanks in Hertsmere is the [Borehamwood Foodbank](#), [Potters Bar Foodbank](#) and [Bushey Foodbank](#).

Donations are welcomed. Please drop off any items to the foodbank during its opening times.

For further information please email info@borehamwood.foodbank.org.uk or info@pottersbar.foodbank.org.uk

Safe and Well visits

The Safe and Well visit project is a joint initiative run by the county council's fire and rescue service and public health department. Crews from Borehamwood and Potters Bar fire stations have now been trained to give advice to vulnerable residents across the borough on a range of health issues - such as avoiding loneliness, keeping a home warm enough, eating and drinking properly and avoiding a fall - and point them towards the specialist support services available.

If you would like to request a free Safe and Well visit (which includes a home fire safety check) for you or someone you know, please visit www.hertfordshire.gov.uk/safeandwell

For information about other health initiatives in Hertfordshire, visit www.hertfordshire.gov.uk/healthinherts

Stop Smoking Support

The Hertfordshire Stop Smoking Service offers free professional specialist advice and support to smokers. This increases your chance of stopping smoking by up to four times.

There are over 300 local stop smoking services in Hertfordshire offering non-judgemental support, either one-to-one or for groups in the workplace. Support is available for up to 12 weeks

How to get support:

Contact Hertfordshire Stop Smoking Service on **0800 389 3998** (free from landline) or text **SMOKEFREE** to **80818** or [send an email](#).

- Contact the service directly
- Speak to your GP surgery,
- Ask your local pharmacy,
- Speak to any health professional and ask to be referred

Once you are referred, someone will contact you in 48 hours **to start your Smokefree journey**. For further information visit [Hertfordshire Stop Smoking Service](#).

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