

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.

01727 649900

us@communities1st.org.uk

Citizens Advice

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

0800 144 8848

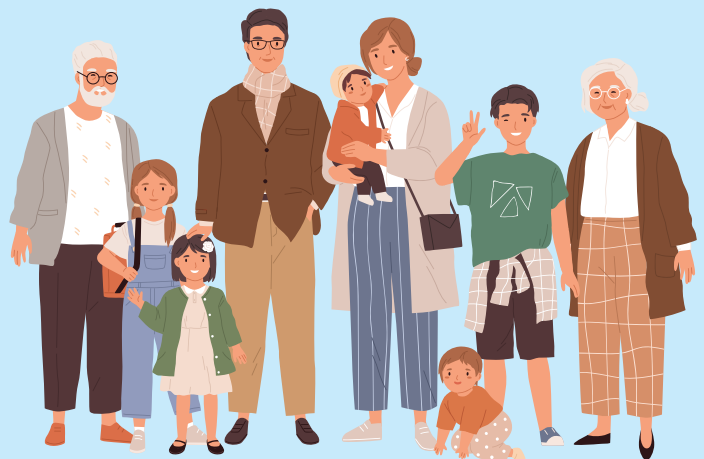
citizensadvicehertsmere@gmail.com

Rennie Grove Peace Hospice

A charity providing free, specialist care and support for adults and children with a life-limiting illness in Herts

01442 89 02 22

renniegrovepeace.coordination@nhs.net



Family and Youth 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

Services for Young People

01442 454060

sfyp.hertsmere@hertfordshire.gov.uk

Foodbanks

Borehamwood Foodbank

0203 583 1109

info@borehamwood.foodbank.org.uk

Potters Bar Foodbank

07367 789 410

info@pottersbar.foodbank.org.uk

Bushey Foodbank

07485 717257

info@redtrustbushey.org



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

thomas.hosier@watfordfc.com

Herts Health Walks

Free community walks across many green spaces in Hertsmere led by qualified walk leaders.

01992 555 888

healthwalks.cms@hertfordshire.gov.uk

parkrun

Saturday morning run, jog or walk in the park, free for everyone all year round.

parkrun website - <https://www.parkrun.org.uk>

