



Covid-19 Compassionate Community Connector Programme

Communities 1st, in partnership with St Albans District Council, Harpenden Cares, #TeamHerts and a range of other local charities, community groups, public sector organisations and businesses are pulling together with the aim of supporting our local community amid the COVID-19 outbreak. We focus on providing much needed practical resource and support to anyone that requires helping during these challenging times.

We recognise that whilst COVID-19 may affect everyone, there are some people who are at greater risk than others. Our team of volunteers can help you with:

- ✓ Shopping
- ✓ Dog walking/Pet sitting
- ✓ Signposting you to other services
- ✓ Collection of prescriptions
- ✓ Or a friendly conversation if you're feeling lonely.

Your safety is of paramount importance to us. If you are in any doubt about whether someone is being genuine and claims to be a member of our group and you would like to be reassured, please contact us on any of the details below.

To access support:

Communities 1st (9am – 4pm, Mon-Fri)	020 8207 5115 help@communities1st.org.uk www.communities1st.org.uk/covid19support
Harpenden Cares	01582 460457 (10am – 2pm, Mon-Fri)
HertsHelp	0300 123 4044 info@hertshelp.net

To volunteer: www.communities1st.org.uk/COVID-19-community-signup

Communities 1st and its partners want to support the most vulnerable with errands, information distribution and emotional comfort. If you require medical attention or up-to-date information on the Coronavirus, please visit the NHS website. www.nhs.uk/conditions/coronavirus-covid-19



Organisations who are supporting our local community amid the COVID-19 outbreak

Colney Heath Community Support Group 07803 313525

If you know someone who needs help in Colney Heath jackclemow@gmail.com

London Colney Good Neighbour Scheme 01727 261104

Help for those in Isolation in London Colney

Redbourn Care Group 01582 794550 info@redbourncaregroup.co.uk

Run by villagers for villagers

Wheathampstead Support For All 01582 380910

Support for people who live in Wheathampstead info@wheathampstead-pc.gov.uk

Age UK Herts 0300 345 3446 info@ageukherts.org.uk

To help make later life in Hertfordshire a fulfilling and enjoyable experience

Carers in Herts 01992 586969 contact@carersinherts.org.uk

Provides advice, information and support to unpaid carers

Citizens Advice 01727 811 118 www.castad.org.uk

Or contact the Hertfordshire Adviceline on 03444 111 444 or from a mobile on 03000 3300 650

Hertfordshire Independent Living Service (HILS) 01727 847264

Provide a range of services to help older and vulnerable people stay healthy and independent.

Herts Young Homeless 03333 202 384 Info@hyh.org.uk

Empowering young people to be able to deal with the difficult situations in their lives

Mind in mid-Herts 01727 865070 admin@mindinmidherts.org.uk

Creating opportunities for individuals to make choices, find their own solutions & build resilience

Ollie Foundation 07715 311891 contactus@theolliefoundation.org

A foundation set up support families with suicide

Relate 0300 003 2324 Info.lnwh@relate.org.uk

A range of services to help you with your couple and family relationships

St Albans and District Foodbank 01727 613 019

Helping Local People in Crisis info@stalbandsdistrict.foodbank.org.uk

Supporting the Voluntary/Community Sector

Communities 1st is also able to provide support to the local voluntary and community sector organisations who provide essential services to residents in the district of St Albans.

- Can your organisation be contacted by local residents needing help?
- Can your organisation make use of additional volunteers?
- Can Communities 1st signpost people to your organisation?

Voluntary organisations who need help or can offer support, please complete the form at:

www.surveymonkey.co.uk/r/KHFFL88 Email memberservices@communities1st.org.uk or call 01727 743018