

# 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.

**01727 649900**      [us@communities1st.org.uk](mailto:us@communities1st.org.uk)

### Citizens Advice

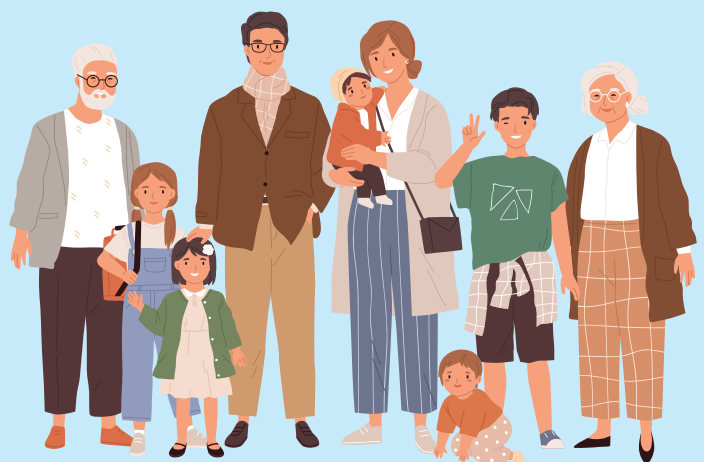
Providing free, confidential and impartial advice and campaigning on big issues affecting people's lives.

**0800 144 8848**      [citizensadvicehertsmere@gmail.com](mailto: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](mailto:renniegrovepeace.coordination@nhs.net)



# Family and Youth 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)

## Services for Young People

**01442 454060**

[sfyp.hertsmere@hertfordshire.gov.uk](mailto:sfyp.hertsmere@hertfordshire.gov.uk)

# Foodbanks

## Borehamwood Foodbank

**0203 583 1109**

[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

**07485 717257**

[info@redtrustbushey.org](mailto: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](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**      [thomas.hosier@watfordfc.com](mailto: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](mailto: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>

