

Organisation	Type of help	Website/ email	
St Albans Old People's Trust	Grants for provision of goods and services eg shopping costs, utility bills, mobility and household aids, new kitchen appliances. Trusted source of information <u>Not</u> a shopping service	http://staopt.org/ grants.admin@staopt.org	07541 659422 01727 260701 (leave a message which will be forwarded to staff)
Community 1st	Practical help with shopping dog walking collecting medicines + errands Friendly phone call Advice digital services Skype/Facetime	https://www.communities1st.org.uk/covid19support help@communities1st.org.uk	020 8207 5115
Wheathampstead Support Group	Shopping Fetching medication Telephone calls for the isolated Help with groceries for those struggling to cope financially	info@wheathampstead-pc.gov.uk	Parish Council's dedicated line: 01582 380910
Redbourn Care Group in conjunction with Redbourn Coronavirus Volunteers	Volunteers who can do shopping and deliver to your doorstep Post mail Collect urgent supplies eg chemist A friendly phone call	info@redbourncaregroup.co.uk https://redbourncaregroup.co.uk/	01582 794550 10am-4pm
Harpenden Cares	Befriending service • Deliver essential supplies + medication • Street-level support to engage vulnerable and/or isolated people • Trusted source of information	www.harpendencares.org ,	01582 460457. The Contact Centre will operate Monday to Friday from 10am-2pm
St Albans Good Neighbours	transport shopping befriending collecting prescriptions	https://sagns.org/	9am to 1pm 01727 830 713

	gardening + odd jobs etc.		
<u>London Colney Parish Council</u> <u>'Good Neighbours' Scheme</u>	Shopping Posting mail Prescription collections A friendly Phone call	events@londoncolney-pc.gov.uk http://www.londoncolney-pc.gov.uk/	01727 261104 (Monday to Friday between 10am -1pm)
<u>Colney Heath Support Group</u>	Matches people in need with people who can help	if help is needed please contact or jackclemow@gmail.com lewislesley@hotmail.co.uk	John Clemow 07803 313 525 or Lesley Lewis 07710 599 725
<u>CASTAD (Citizens Advice St Albans and District)</u>	Advice on benefits, rights, income etc	Webchat – www.citizensadvice.org.uk	01727 811118 10am-4pm Mon-Thurs 10am-1pm Fri or call 03444 111 444 or from a mobile on 03000 3300 650
Herts Help	Help on many issues including financial issues Signpost to a shopping volunteer	https://www.hertshelp.net/our-services/tell-us-about-someone-who-needs-help.aspx	0300 123 4044.
Herts Community Meals	Meals on Wheels £5.10 for a hot 2 course meal	https://hertsindependentliving.org/	0330 2000 103 01727 847264
Utility Bills	Suppliers have different plans to help people, especially those who can't get out to top up their meter	https://www.moneysavingexpert.com/news/2020/03/energy-firms-move-to-help-customers-unable-to-top-up-due-to-coro/	
Phone Bills	Suppliers have different plans to help people eg BT month's free calls and data for people over.	https://www.moneysavingexpert.com/news/2020/03/uk-coronavirus-help-and-your-rights/#mobile	

General Advice to stay well

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://www.nhs.uk/conditions/coronavirus-covid-19/advice-for-people-at-high-risk/> - Sign up to NHS register of people at high risk