

Table 1

List of helpful contacts - pastoral care			
ADOPTION			
Central Bedfordshire Adoption	Information and advice for adoptive and potential adoptive parents and foster parents.	0300 300 8090	www.centralbedfordshire.gov.uk
Adoption UK	Support for those parenting or supporting children who cannot live with their birth parents.	01295 752240	www.adoptionuk.org
ALCOHOL AND DRUG ABUSE			
Alcoholics Anonymous	Help for alcoholics for personal recovery and continued sobriety. Many local groups.	0800 9177650	www.alcoholics-anonymous.org.uk
Al-Anon	Family Groups provide help and support to anyone who has been or is affected by someone else's drinking, regardless of whether that person is still drinking or not. This can even be if the drinker has died or is no longer part of their life.	020 7403 0888	www.al-anonuk.org.uk
Addaction	Support and advice for those with alcohol or drug problems	020 7251 5860	www.addaction.org.uk
FRANK	Friendly and confidential advice and information about drugs. Includes some good links to other agencies.	0300 123 6600	www.talktofrank.com
Central Beds Smokefree (NHS)	Help and support to stop smoking	0800 013 0553	Email: Stop.Smoking@bedford.gov.uk
Narcotics Anonymous	Help with drug problems	0300 999 1212	www.ukna.org

Step Change	Advice and Support on debt - by phone or online	0800 138 1111	www.stepchange.org
Citizens Advice- Money Advisory Service	Help and Support with Debt.	01525 402742	www.midbedscab.org.uk
BEREAVEMENT			
CRUSE Bereavement Counselling (Mid Bedfordshire_	Help for anyone aged 18 or over who has suffered a bereavement	0300 200 4108	www.crusebedfordshire.org.uk
CHUMS	Offers mental and emotional wellbeing services for children and young people including those bereaved or suicidal. Help for young carers	01525 863924	www.chums.uk.com
CARERS			
Carers in Bedfordshire and Carers UK	Help and support for carers, Links to help for young carers.	0300 111 1919	www.carersinbeds.org.uk www.carersuk.org
CHRISTIAN COUNSELLING SERVICES			
The Bridge at Bromham Baptist Church	Counselling by appointment on a wide range of issues including abuse, anger, stress, depression, low self esteem, bereavement. Also couples counselling. Open to people of all faiths or none.	01234 822681 Ext 3	www.bromham.org
DEBT			
Citizens Advice- Money Advisory Service	Help and Support with Debt.	01525 402742	www.midbedscab.org.uk
ELDERLY			

Age UK	Help and advice for those in later life and those around them. Wide range of help including about benefits and finances	0800 678 1174	www.ageuk.org.uk
Elderly Abuse advice line	advice on elderly abuse	0808 808814	www.elderabuse.org.uk
<i>FAMILY & CHILDREN</i>			
Childline	Help for anyone under 19 years with any issue they are going through. Free and confidential	0800 1111	www.childline.org.uk
Care for the Family	Christian charity that offers advice, courses, events and training around parenting, bereavement and marriage	029 2081 0800	www.careforthefamily.org.uk
Relate - Bedfordshire	Relationship counselling, mediation, children and young people's counselling	01234 356350	www.relatebedsandluton.org.uk
Gingerbread	Information and advice on issues for lone parents on benefits, contact, separation, flexible working and more and various helplines	0808 802 0925	www.gingerbread.org.uk
<i>GENERAL ADVICE AND INFORMATION</i>			
Citizens Advice	Advice and information on a wide range of areas including benefits (and benefits checks), housing, debt, employment, family, consumer and more. Lots of info on website as well as option of appointment at local CAB (web for information is www.citizensadvice.org.uk)	01525 402742 (Amphill CAB)	www.midbedscab.org.uk
Central Bedfordshire Council	Information and advice for citizens of this area on housing, employment, planning, jobs, education, waste and recycling, registration, community services, schools, adult education and more	0300 300 8301	www.centralbedfordshire.gov.uk

HEALTH			
SANE	Provides care and emotional support for people with mental health problems, their families and carers as well as organisations	Helpline - 0300 304 700	www.sane.org.uk
Heads Together	Help and support for people with mental health problems - including helpline, information services and on line communities	On line only	www.headstogether.org.uk
Dunstable Disability Resource Centre	Free help and advice for Disabled People, Carers & Families of Disabled People, Older People & People Affected by Long-Term Health Conditions	01582 470900	www.drcbeds.org.uk
B-eat (Eating disorder association).	Help and support those with and carers of people with eating disorders	Helpline - 0808 801 0677. Youthline - 0808 801 0711	www.b-eat.co.uk
MacMillan Cancer Support	Help and support for anyone diagnosed with cancer or those around them.	0808 808 0000	www.macmillan.org.uk
Alzheimer's Society	Support for people with alzheimer's /dementia and their friends and families. Lots of local activities and support.	Helpline: 0300 222 1122	www.alzheimers.org.uk
Miscarriage Association	Help for those affected by miscarriage/ectopic pregnancy	01924 200799	www.miscarriageassociation.org.uk
HOUSING & HOMELESSNESS			
Kings Arms Project & Nightshelter	Offer a night shelter for men&women. (Can self refer at 6.45pm, hostel opens at 7pm, first come first served - The Nightshelter is at 67 Clarendon St, Bedford. 01234 266085). Also offers hostel, outreach and help to move on.	01234 350900	www.kingsarmsproject.org

Prebend Day Centre	Advice and support to those aged 16+ including washing and laundry facilities and help to move on. (Also a Soup run offering free soup/sandwiches in the lay-by on Broadway, Bedford 7pm Sunday to Friday)	01234 365955	www.prebendcentre.org.uk
Streetlink	Offers a reporting line to let them know of people sleeping rough- they will then contact them to offer support/help.	0300 500 0914	www.streetlink.org.uk (there is a link on this page for reporting a rough sleeper).
Amicus Trust - Bedford (Methodist outreach)	Supported housing for single people aged 16-65, mobile night shelter, help in moving on and finding work and more. Hostel for single males at 7 Tavistock Street, Bedford	01234 358478	www.amicustrust.org
Central Beds Housing Options Team (Council)	Advice and assistance about homelessness or threatened homelessness.	0300 300 4370	www.centralbedfordshire.gov.uk
Shelter	Offers advice, support and legal services around bad housing and homelessness	0808 800 4444	www.shelter.org.uk (has link for on line chat and advice)
Homelesspages	Site that offers advice on homelessness but contains a finder to find local hostels and projects that may be able to help such as Noah, Mary Seattle and the YMCA	020 7840 4430	www.homelesspages.co.uk
National Missing People	Offers advice to adults and young persons who are missing from home or thinking about leaving and to people who have someone who has gone missing/lost touch.	116 000 (24/7 helpline)	www.missingpeople.org.uk
Salvation Army Family Reuniting Services	Help in finding relatives and restoration of relationships	Local S.A. Church is Dunstable on 01582 606031	www.salvationarmy.org.uk
VICTIM SUPPORT / DOMESTIC VIOLENCE/CRISIS			

National Domestic Violence Helpline. (Run by Women's Aid and Refuge)	24hour help line for women suffering domestic violence (and their family/friends calling on their behalf).	0808 2000 247	www.nationaldomesticviolence-helpline.org.uk
Women's Aid Luton	Offering refuge, outreach, dropping and freedom programme	01582 391856	www.womensaidluton.org
Luton All Women's Centre	Support, advice and counselling on domestic abuse, forced marriage and honour violence and the freedom programme	01582 416783	E: support@lawc.org.uk
Victim Support	Emotional and practical support for anyone affected by crime. Also have links to specialist victims support services.	National Helpline: 0808 1689 111. Local number: 0300 303 0165	www.victimsupport.org.uk
Stepping Stones Luton	Help/support for women affected by any drug/ alcohol, domestic violence, mental health and social care related issues. Offer the Freedom programme	01582 457114	www.steppingstonesluton.co.uk
Nationwide Christian Helpline	Umbrella source for 11 different Christian helplines and prayer lines	0300 111 0101	www.christianhelplines.co.uk
Samaritans UK	A safe free and confidential helpline open 24/7 for anyone who needs to talk - not just for those feeling suicidal	116 123 (free helpline)	www.samaritans.org
Rape Crisis	Emotional and other support for women affected by sexual violence.	0808 802 999	www.rapecrisis.org.uk

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