

Bedfordshire Signposting

Contents

Abuse – Adults	2
Abuse – Adults abused in childhood	3
Abuse – Child	3
Addiction.....	4
Additional Needs	4
Anxiety.....	6
Benefits.....	7
Bereavement	7
Carers.....	8
Children & Young People	9
Community Projects	14
Counselling	15
Crisis Support.....	16
Debt.....	17
Depression.....	17
Domestic Abuse.....	18
Eating Disorders.....	19
Family Support.....	19
Foodbanks	22
Helplines.....	23
Housing.....	23
Illness.....	24
Legal Advice	25
Men	26
Mental Health.....	26
Older People	29
Pregnancy	30
Prisoners	30
Psychosis.....	30
Refugees & Migrants	30
Relationships	31
Training.....	32
Self Harm	34

Sexuality & Gender	34
Suicide	35
Wellbeing.....	35
Women	37

Abuse – Adults

[Bedfordshire Domestic Abuse Partnership](#)

The Partnership brings together key agencies across Bedfordshire to raise awareness, to deliver services and to work together to improve our local response to domestic abuse. BDAP work closely with local authorities and other agencies to provide services in the local area, they deliver a two-tier training programme for professionals who work with those affected by domestic abuse and we strive to bring all those agencies working locally together to ensure a coordinated response to domestic abuse.

[The Emerald Centre Sexual Assault Referral Centre \(SARC\)](#)

The Emerald Centre SARC offers free support and practical help to anyone in Bedfordshire and Luton who has experienced sexual violence and/or sexual abuse. They offer an extensive service to men and women aged 13 years and over who have been raped or sexually assaulted.

[The Hope Programme](#)

The Hope Programme offers a telephone helpline, emotional support and counselling to women, girls, men and boys over 10 years who suffered rape and sexual violence. They offer free, specialist 1-1, face to face, emotional support and counselling to anyone over the age of 10 living in Bedfordshire to help them cope and recover from the trauma and harm caused by rape and sexual violence. Our services are also available to their non-offending family members, partners and carers.

[Stepping Stones](#)

Stepping Stones are dedicated to supporting women to transform the stumbling blocks of their lives into stepping stones; creating happier, healthier lives for women, their children and families. They provide a safe, welcoming, non-judgemental environment for women living in Luton and Central Bedfordshire who have suffered abuse, who are vulnerable due to substance misuse, offending, mental health conditions and/or are involved with Local Authority Children's Social Care.

[Women's Aid - Luton](#)

Women's Aid in Luton is a voluntary organisation supporting women and children who fall victim to domestic abuse. They offer support and guidance to women and children from all backgrounds and circumstances. For some this will just be someone to listen and for others this will be to offer them complete support to break away and start again. This may be through their helpline or even through one of their drop-in support groups.

Abuse – Adults abused in childhood

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Abuse – Child

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[FACES \(Family and Children's Early-help Services\)](#)

FACES supports local children and families faced with difficult issues such as mental and physical health, domestic abuse, poverty, child sexual exploitation and behavioural issues via a range of quality-tested services and family support groups.

[The Emerald Centre Sexual Assault Referral Centre \(SARC\)](#)

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Addiction

[NOAH Enterprise](#)

NOAH Enterprise is a Christian inspired charity working across Bedfordshire offering support and opportunity to people suffering severe and multiple disadvantage including homelessness, rough sleeping, addiction, mental ill-health, and living chaotic lifestyles. They run a Welfare Centre, an outreach programme and a furniture-based social enterprise that combine to provide a holistic approach to rehabilitation for those who are among the most vulnerable in the community.

[Path to Recovery \(P2R\)](#)

P2R is a one stop service which provides drug and alcohol advice, treatment and support to adults whose lives are affected, support can include the whole family. They provide an integrated service with a range of expertise available in one place.

[ResoLUTiONS](#)

ResoLUTiONS Luton is a free and confidential drug and alcohol service for adults, young people and families. They provide tailored support around alcohol and drug use. They also provide aftercare to support clients in their recovery.

Additional Needs

[Access Bedford](#)

Access Bedford's aim is to work with the D/deaf and hard of hearing community to make Bedford Borough more accessible. They do this through projects, events and by creating more opportunities for D/deaf to meet with decision makers and influence services.

[Adult Autism Service Bedfordshire](#)

The service provides assessment, treatment and advice for people who are suspected as having an Autistic Spectrum Disorder (ASD) and require a definite diagnosis, followed by help to access the most appropriate service e.g. health, social care or support group. Referrals are accepted from one of the following: GP, Specialist Healthcare Services e.g. Mental Health, Learning Disabilities, Criminal Justice Team, Local Authority teams such as Social Services or Acute Hospital Liaison.

[Advice Central](#)

Advice Central provides free & confidential advice in Central Bedfordshire on a range of issues including housing, debt, benefits, disabilities, employment, relationships and legal issues.

[Autism Bedfordshire](#)

Autism Bedfordshire's services help break down the barriers to social participation for autistic people and their families by providing places where they can go and feel comfortable, accepted and not judged by society. With the encouragement and support of specialist trained staff they help autistic people build their confidence, self-esteem, and social skills through taking part in social activities and mixing with other people. They also help them to develop practical skills and independence which will improve their prospects in life and help them be part of the community.

[Bedfordshire Opportunities for Learning Disabilities \(BOLD\)](#)

BOLD support people with a learning disability and challenging behaviour by providing life and work experiences whilst helping people learn, grow and develop. They aim to give each individual a sense of purpose and achievement, helping them to build self-esteem whilst giving them the chance to discover and develop their own individual abilities.

Additional Needs

[Kids in Action](#)

Kids in Action provides support and social opportunities for children and young adults with special needs and disabilities. Their aim is to make a positive difference to each and every individual, encouraging their participation in social activities, in a safe, non-judgemental environment.

[Learning Disabilities Intensive Support Team Bedfordshire](#)

The Service for People with Learning Disabilities (SPLD) Intensive Support Team (IST) provides a 24-hour crisis service as well as community based services to people who have a learning disability and are 18 years and over, living within Bedfordshire and Luton, who are experiencing a mental health or challenging behaviour crisis requiring urgent assessment and treatment. Self-referrals are accepted for this service.

[Sight Concern Bedfordshire](#)

Sight Concern Bedfordshire is a local, independent charity with offices in Luton and Bedford. They work with visually impaired people, their families and carers throughout Bedfordshire and Luton to provide services to enable them to live full, active and independent lives.

[Outside-iN](#)

Outside-iN is a community interest company dedicated to supporting and educating families, adults and professionals living with or working with Attention Deficit Hyperactivity Disorder (ADHD), Autistic Spectrum Conditions (ASC) and associated conditions. ADHD and ASC are complex, often hidden, spectrum conditions. Their specialist team of professionals are unique in that they all also have first-hand knowledge through living with, or being closely related to, someone with ADHD and/or ASC.

[SNOOSC](#)

SNOOSC is a specialised club for children and young adults ages between 8-25 years old. They provide a 1:1 service for all members no matter their needs or abilities. They run specialised after school clubs, Saturday clubs and holiday clubs. These services are available to provide families a much needed break and allowing the members a chance to gain friendships and develop their social, emotional skills whilst being kept safe.

[South Bedfordshire Dyslexia Association \(SBDA\)](#)

The SBDA are a small group of dedicated parents and teachers, many with specialist dyslexia training, who offer practical help and guidance to children and adults. They offer dyslexia screening tests and support workshops.

[Spectrum Community Arts](#)

Spectrum Community Arts aim is to enable participants to develop their self-esteem and self-expression in a safe, encouraging environment. They strongly believe that the performing arts is a fun and exciting way to do this and is a perfect platform to nurture and develop individual skills and abilities.

[The Avenue](#)

The Avenue in Biggleswade, Bedfordshire is a not for profit organisation for parents/carers, grandparents and other relatives who have a child with autism in their family. Our vision for The Avenue is to offer services that actively support the family, where our positive support groups are relaxed and friendly, where children with autism and their siblings are welcomed and where knowledge, ideas and experiences are shared.

Additional Needs

[The Disability Resource Centre](#)

The Disability Resource Centre provides independent information and advice to people with disabilities, their families, carers and fellow professionals. Their Centre acts as a focal point for disability services locally and combines a variety of statutory and voluntary sector services under one roof.

[The Enable Project](#)

The Enable Project is a ground-breaking initiative which promotes real inclusion for people with learning disabilities and mental health conditions. We provide safe and friendly support as participants take part in daily activities to develop their skills and confidence during the transition from youth to adulthood, and beyond. They have a timetable of activities that take place out in the community. Participants play a very active role in deciding which activities make it onto the timetable, and their days are always an adventure.

[Yawn Club](#)

A group for sociable young adults with learning disabilities aged 18 - 30. The club enables them to spend time with their friends doing all the things that young people like to do but with the support of their volunteers.

Anxiety

[AnEartoHear](#)

AnEartoHear in its simplest form is a peer support site that offers personal, one to one guidance through not only Eating Disorder recovery but the effects of crippling depression and anxiety.

[Bedfordshire Wellbeing Service](#)

The Bedfordshire Wellbeing Service offers a range of free and confidential talking therapies and specialist support to help you feel better. They offer skills-based teaching sessions where people can learn about how their thoughts and behaviours can impact and affect their emotions and moods. You will learn skills and techniques to change these types of thinking processes, which can have a positive impact on our mood.

[Mind BLMK](#)

Mind BLMK works across your communities to support positive mental health and wellbeing. Working closely with a range of partners, they offer a number of activities from their wellbeing centres and local venues to make a difference to the mental health and wellbeing of people in Bedfordshire, Luton and Milton Keynes. They have four wellbeing centres in Luton, Bedford, Leighton Buzzard and Milton Keynes.

[The Counselling Foundation](#)

The Counselling Foundation is a leading charity that provides counselling and counselling training across Hertfordshire and Bedfordshire. Through their BACP accredited counselling service, they support over 500 people each week including over 18's, couples who suffer from anxiety, depression, bereavement, and life-changing events on a short- or long-term basis. Free NHS and subsidised weekly counselling is available to help those aged 16+.

Benefits

Advice Central

Advice Central provides free & confidential advice in Central Bedfordshire on a range of issues including housing, debt, benefits, disabilities, employment, relationships and legal issues.

BRASS - Refugee and Asylum Seeker Support

Brass supports refugees and asylum seekers in Bedfordshire. They provide advice on a range of issues, English language tuition, and social activities.

Luton All Women Centre (LAWC)

Luton All Women Centre is dedicated to meeting the needs of all women in Luton and surrounding areas. The centre provides support and advice on a variety of issues including Domestic Abuse, Welfare Benefits, Parenting. They also have a Young Women's Service, a specialist service on Forced Marriage and Honour Based Violence and a Counselling Service.

Luton Irish Forum (LIF)

LIF is a representative community organisation serving Luton's diverse vulnerable and socially excluded people. Their activities and events which promote health and wellbeing, improve quality of life and increase social inclusion are accessed 30,000 times annually. LIF provides Welfare support through drop-ins, appointments and home visits relating to welfare benefits, housing, debt, applications for an Irish Passport and provides practical support to engage with Ombudsman services, tribunals, courts and appeals.

Luton Rights Centre

Luton Rights Centre seeks to address the practical, financial and social problems encountered by the unemployed and other disadvantaged sections of the population within the Luton and surrounding areas. It provides independent specialist advice on welfare benefits, debt, housing, employment.

One Stop Advice Centre (OSAC)

One Stop Advice Centre (OSAC) provides comprehensive advice and support in areas (representation in some areas) of welfare benefits, debt, housing and immigration. OSAC is run by volunteers who speak community languages, so they are able to communicate with clients effectively addressing the issues in need. OSAC empowers individuals so they are able to manage their situations themselves long term, by advising, empowering and working closely with clients.

The Disability Resource Centre

The Disability Resource Centre provides independent information and advice to people with disabilities, their families, carers and fellow professionals. Their Centre acts as a focal point for disability services locally and combines a variety of statutory and voluntary sector services under one roof.

Bereavement

CHUMS

CHUMS Mental Health & Emotional Wellbeing Service for Children and Young People provides therapeutic support in a variety of ways. CHUMS offers individual support, group work, family support, family days, activity days and residential weekends. CHUMS ethos is to support the family as a whole wherever possible and some of our current services directly support adults.

Bereavement

Road Victims Trust

Road Victims Trust seeks to support the bereaved, and people otherwise affected by death or life changing injuries as the result of a road accident who are resident in Bedfordshire, Cambridgeshire and Hertfordshire. They provide information alongside emotional and practical support.

The Counselling Foundation

The Counselling Foundation is a leading charity that provides counselling and counselling training across Hertfordshire and Bedfordshire. Through their BACP accredited counselling service, they support over 500 people each week including over 18's, couples who suffer from anxiety, depression, bereavement, and life-changing events on a short- or long-term basis. Free NHS and subsidised weekly counselling is available to help those aged 16+.

Carers

Autism Bedfordshire

Autism Bedfordshire's services help break down the barriers to social participation for autistic people and their families by providing places where they can go and feel comfortable, accepted and not judged by society. With the encouragement and support of specialist trained staff they help autistic people build their confidence, self-esteem, and social skills through taking part in social activities and mixing with other people. They also help them to develop practical skills and independence which will improve their prospects in life and help them be part of the community.

Carers in Bedfordshire

Carers in Bedfordshire is a not-for-profit registered charity providing support for carers of family members and friends throughout Bedfordshire.

Centre for All Families Positive Health (CAFPH)

CAFPH support people to accept and live well with HIV, work and support the whole family/significant others on understanding HIV/AIDS issues and on disclosure and above all provide a safe and confidential environment for people in the same situation to meet, share experience and to support each other. CAFPH can come to you if you cannot come to us. They have trained peer supporters so that you are able to talk to someone you know fully understands what you are talking about.

CHUMS

Their Young Carers Service supports children and young people aged 5-25 who are helping to care for someone. CHUMS ethos is to support the family as a whole wherever possible and some of their current services directly support adults.

Carers

Headway Luton

They aim to provide a wide range of support to meet the individual needs of people with an acquired brain injury, their families and/or carers, enabling them to live as independently as possible. Their ethos is to enable clients to move forward with their lives by building on their personal skills and self-confidence to achieve their fullest self-potential and increased social inclusion.

Outside-iN

Outside-iN is a community interest company dedicated to supporting and educating families, adults and professionals living with or working with Attention Deficit Hyperactivity Disorder (ADHD), Autistic Spectrum Conditions (ASC) and associated conditions. ADHD and ASC are complex, often hidden, spectrum conditions. Their specialist team of professionals are unique in that they all also have first-hand knowledge through living with, or being closely related to, someone with ADHD and/or ASC.

Sight Concern Bedfordshire

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SNOOSC

SNOOSC is a specialised club for children and young adults ages between 8-25 years old. They provide a 1:1 service for all members no matter their needs or abilities. They run specialised after school clubs, Saturday clubs and holiday clubs. These services are available to provide families a much needed break and allowing the members a chance to gain friendships and develop their social, emotional skills whilst being kept safe.

The Avenue

The Avenue in Biggleswade, Bedfordshire is a not for profit organisation for parents/carers, grandparents and other relatives who have a child with autism in their family. Our vision for The Avenue is to offer services that actively support the family, where our positive support groups are relaxed and friendly, where children with autism and their siblings are welcomed and where knowledge, ideas and experiences are shared.

The Disability Resource Centre

The Disability Resource Centre provides independent information and advice to people with disabilities, their families, carers and fellow professionals. Their Centre acts as a focal point for disability services locally and combines a variety of statutory and voluntary sector services under one roof.

Children & Young People

4YP

4YP are currently commissioned by Flitwick Town Council to provide youth work activities for local young people. 4YP can be commissioned by any town council or local authority to provide a bespoke program of youth work services for young people in your area.

Children and Young People

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Bedford Open Door

Bedford Open Door is a charity providing free and confidential counselling to any young person between the ages of 13 and 25 in emotional difficulty, who lives in Bedford or surrounding areas. Counselling is provided by a team of fully trained, experienced and friendly volunteer counsellors. Their aim is to enable young people to manage their own lives with confidence and safety.

Bedfordshire Wellbeing Service

The Bedfordshire Wellbeing Service offers a range of free and confidential talking therapies and specialist support to help you feel better. They offer skills-based teaching sessions where people can learn about how their thoughts and behaviours can impact and affect their emotions and moods. You will learn skills and techniques to change these types of thinking processes, which can have a positive impact on our mood.

CAMHS HTT Bedfordshire

CAMHS provide the following services for acute referrals where young people under the age of 18 years present with a mental health crisis. CAMHS accept urgent referrals from GPs, General Hospital Services, Paediatricians, Social Workers, Teachers, Adults Mental Health Services, Health Visitors, school nurses and Youth Offending Service. Upon receiving an urgent referral, the team screens the referral for appropriateness and urgency. CAMHS Home Treatment Team (HTT), may then get involved in the assessment and management of urgent referrals and provide urgent assessments and intensive psychological support.

Centre For Youth & Community Development (CYCD)

CYCD is a community facility set in the heart of the Bury Park area of Luton which runs projects to meet the needs of the community. They operate under the auspices of the Bangladesh Youth League (Charity number 1109719) and Bengali Women's Project. They also support a number of small community organisations who use their facilities.

ChatHealth

Are you aged 11-19, living in Luton, and looking for health advice? You can now text the Luton School Nurse Service on 07520 616070 to ask health related questions you might have including mental health, drugs, relationships, healthy eating and much more. ChatHealth is an easy, confidential, anonymous way to ask questions about your health, and their Luton school nurse team will be there to answer your text from 9am to 4pm, Monday to Friday (except bank holidays).

CHUMS

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Children and Young People

[FACES \(Family and Children's Early-help Services\)](#)

FACES supports local children and families faced with difficult issues such as mental and physical health, domestic abuse, poverty, child sexual exploitation and behavioural issues via a range of quality-tested services and family support groups.

[GreenHouse Mentoring](#)

GreenHouse Mentoring is a Luton based organisation, established in 2002, committed to provide a safe, supportive and friendly place for young people, volunteers and staff alike. They provide quality, trained, screened volunteers from diverse backgrounds who choose to consistently meet with, mentor and help young people in Luton.

[Hear2Listen](#)

Hear2Listen is a regional, non-profit organisation providing a range of professional services designed to increase the emotional wellbeing of young people, supporting them in overcoming barriers that prevent living healthy and fulfilling lives.

[Home-Start Central Bedfordshire](#)

Home-Start Central Bedfordshire provides vital support services to families with young children in Central Bedfordshire and Luton. They believe that every child deserves a safe place to live and play as well as protection from the effects of poor physical and mental health. Therefore Home-Start works directly in the homes of families across the county, helping parents to build better lives for all our children.

[Kids in Action](#)

Kids in Action provides support and social opportunities for children and young adults with special needs and disabilities. Their aim is to make a positive difference to each and every individual, encouraging their participation in social activities, in a safe, non-judgemental environment.

[Level Trust](#)

Level Trust exists to remove the barriers that poverty brings to a child's education in Luton. We work in partnership with schools and families to ensure that every child has what they need to do their very best at school. They run a school uniform exchange, shoe and winter coat voucher schemes and the SMASH summer school.

[Luton All Women Centre \(LAWC\)](#)

Luton All Women Centre is dedicated to meeting the needs of all women in Luton and surrounding areas. The centre provides support and advice on a variety of issues including Domestic Abuse, Welfare Benefits, Parenting. Their Young Women's service provides support to young women to reduce their risk of harm and develop healthy relationships.

[Luton Family Information Service \(FIS\)](#)

The FIS team based within Luton Borough Council offers free, impartial information and advice about registered childcare, early education, parenting and issues that affect young people up to the age of 20, and up to 25 for those with additional needs or disabilities.

Children and Young People

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Path to Recovery (P2R)

P2R is a one stop service which provides drug and alcohol advice, treatment and support to adults whose lives are affected, support can include the whole family. They provide an integrated service with a range of expertise available in one place.

Restoration Counselling Services (RCS)

Restoration Counselling Services (RCS) offers a comprehensive counselling service to all, but specialises in parenting programmes such as SFSC and triple P. It has also developed a Rites of Passage programme for parents and young people that seeks to help parents and young people make the transition to adulthood. RCS also partners with other agencies in areas such as drug rehabilitation and mental health.

Safe at Home

Safe at Home offers advice and FREE home safety assessments for all families, helping to make your home safer and reduce the risk of common childhood accidents. Families in receipt of Universal Credit or other qualifying benefits may be entitled to child safety equipment such as safety gates, cupboard locks, window restrictors, fireguard etc.

SNOOSC

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South Bedfordshire Dyslexia Association (SBDA)

The SBDA are a small group of dedicated parents and teachers, many with specialist dyslexia training, who offer practical help and guidance to children and adults. They offer dyslexia screening tests and support workshops.

TACTIC (Teenage Advice Centre-Teenage Information Centre)

TACTIC is a specialist young people's service for 12 to 19 year-olds in Leighton Buzzard, Linslade and surrounding villages. Young People can gain free advice and Information on a variety of topics, meet new people, receive 1:1 support, volunteer in their community and take part in fun holiday activities.

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Children and Young People

[The Bedfordshire and Luton Community Eating Disorders Service for Children and Young People \(CEDS-CYP\)](#)

CEDS-CYP is a specialist CAMHS service for young people up to the age of 18 who are experiencing an eating disorder. Referrals can be made by GPs, healthcare professionals, schools and colleges.

[The Enable Project](#)

The Enable Project is a ground-breaking initiative which promotes real inclusion for people with learning disabilities and mental health conditions. We provide safe and friendly support as participants take part in daily activities to develop their skills and confidence during the transition from youth to adulthood, and beyond. They have a timetable of activities that take place out in the community. Participants play a very active role in deciding which activities make it onto the timetable, and their days are always an adventure.

[The Grove Pregnancy Advice Centre](#)

The Grove offers free and confidential services to all, they offer support to: those making decisions in the face of an unexpected pregnancy; those who struggle to come to terms with an experience of abortion, miscarriage or baby loss and those who need practical support, for whom a pregnancy and the first year of parenting presents financial difficulties.

[TOKKO](#)

TOKKO is a youth charity that is inclusive, welcoming all young people in Luton and the surrounding area primarily between 13 and 19 (up to 24 with a disability); providing informal learning activities and supporting bespoke programs for young people to improve their life chances across various funded projects.

[Walk To Freedom](#)

Walk To Freedom work with young people on a range of topics such as drug and/or alcohol dependency, training and adolescent antisocial behaviour in relation to serious youth violence, gang exploitation, knife crime and adolescent drug abuse. Through their innovative programmes, workshops and mentoring they help young people to make better life choices and achieve personal goals.

[Yawn Club](#)

A group for sociable young adults with learning disabilities aged 18 - 30. The club enables them to spend time with their friends doing all the things that young people like to do but with the support of their volunteers.

[Youthscape](#)

A Luton based charity working with young people aged 11 and above. They provide a wide range of programmes and events focused on young people's social and emotional well-being. Youthscape exists to give young people the best social, emotional and spiritual landscape on which to build their lives and achieve their potential.

Community Projects

[Bedfordshire African Community Centre \(BACC\)](#)

Bedfordshire African Community Centre (BACC) is a community organisation, based in Luton and Bedfordshire area, which aims to meet the needs of members of the African Communities and other BME's living in the UK by assisting with information, advice, support and services that would enable them to integrate into the wider community and thus enjoy a better and sustainable lifestyle.

[Centre For Youth & Community Development \(CYCD\)](#)

CYCD is a community facility set in the heart of the Bury Park area of Luton which runs projects to meet the needs of the community. They operate under the auspices of the Bangladesh Youth League (Charity number 1109719) and Bengali Women's Project. They also support a number of small community organisations who use their facilities.

[Luton Irish Forum \(LIF\)](#)

LIF is a representative community organisation serving Luton's diverse vulnerable and socially excluded people. Their activities and events which promote health and wellbeing, improve quality of life and increase social inclusion are accessed 30,000 times annually. LIF provides Welfare support through drop-ins, appointments and home visits relating to welfare benefits, housing, debt, applications for an Irish Passport and provides practical support to engage with Ombudsman services, tribunals, courts and appeals.

[Luton Roma Trust](#)

The Luton Roma Trust supports the Roma community to integrate in a holistic way into life in the UK. Working at the heart of Luton's Roma community, they meet them in their deepest need, helping them to access accommodation, education, welfare, medical care and employment.

[Marks Trust](#)

Marks Trust provide low cost facilities to assist all ages with entrepreneurial ideas, to stimulate innovation and creativity, and to enhance the local community with an improved quality of life. Which in turn will aim to revitalise business opportunities and employment in Bedford by helping to build firm foundations for the future.

[Meaningful Education](#)

Meaningful Education is a Community Interest Company specialising in Mental Health, providing professional Health & Social Care training, and Community Education. Their services include Friends by Choice, a mental health peer support service and professional and community training.

[Men in Sheds – Bedford](#)

They provide a place, within the Bedford area, where everyone with time on their hands can have fun working with others in pursuing their hobbies and practical interests. You can share skills, learn new ones and help with community-based projects, or just come along (in an environment of like-minded people) for a chat, cup of tea, and maybe even a biscuit. The Men in Shed movement is primarily aimed at older more mature men – but everyone is welcome.

[Our Minds Matter](#)

A charity focused on promoting mental health in the faith communities of Luton and Bedford. They have developed a targeted approach to help tackle health inequalities and promote mental health and well-being.

Community Projects

Spectrum Community Arts

Spectrum Community Arts aim is to enable participants to develop their self-esteem and self-expression in a safe, encouraging environment. They strongly believe that the performing arts is a fun and exciting way to do this and is a perfect platform to nurture and develop individual skills and abilities.

Counselling

Bedford Open Door

Bedford Open Door is a charity providing free and confidential counselling to any young person between the ages of 13 and 25 in emotional difficulty, who lives in Bedford or surrounding areas. Counselling is provided by a team of fully trained, experienced and friendly volunteer counsellors. Their aim is to enable young people to manage their own lives with confidence and safety.

Luton All Women Centre (LAWC)

Luton All Women Centre is dedicated to meeting the needs of all women in Luton and surrounding areas. The centre provides support and advice on a variety of issues including Domestic Abuse, Welfare Benefits, Parenting. They also have a Young Women's Service, a specialist service on Forced Marriage and Honour Based Violence and a Counselling Service.

Mind BLMK

Mind BLMK works across your communities to support positive mental health and wellbeing. Working closely with a range of partners, they offer a number of activities from their wellbeing centres and local venues to make a difference to the mental health and wellbeing of people in Bedfordshire, Luton and Milton Keynes. They have four wellbeing centres in Luton, Bedford, Leighton Buzzard and Milton Keynes.

Restoration Counselling Services (RCS)

Restoration Counselling Services (RCS) offers a comprehensive counselling service to all, but specialises in parenting programmes such as SFSC and triple P. It has also developed a Rites of Passage programme for parents and young people that seeks to help parents and young people make the transition to adulthood. RCS also partners with other agencies in areas such as drug rehabilitation and mental health.

Sorted

Sorted offers a free and confidential counselling service for young people aged between 10 and 25 years. Based in Dunstable, it offers a range of free and confidential services for children and young people aged between 5 to 25 years in Central Bedfordshire, Bedford Borough and Luton.

The Counselling Foundation

The Counselling Foundation is a leading charity that provides counselling and counselling training across Hertfordshire and Bedfordshire. Through their BACP accredited counselling service, they support over 500 people each week including over 18's, couples who suffer from anxiety, depression, bereavement, and life-changing events on a short- or long-term basis. Free NHS and subsidised weekly counselling is available to help those aged 16+.

Counselling

[The Hope Programme](#)

The Hope Programme offers a telephone helpline, emotional support and counselling to women, girls, men and boys over 10 years who suffered rape and sexual violence. They offer free, specialist 1-1, face to face, emotional support and counselling to anyone over the age of 10 living in Bedfordshire to help them cope and recover from the trauma and harm caused by rape and sexual violence. Our services are also available to their non-offending family members, partners and carers.

[TOKKO](#)

TOKKO is a youth charity that is inclusive, welcoming all young people in Luton and the surrounding area primarily between 13 and 19 (up to 24 with a disability); providing informal learning activities and supporting bespoke programs for young people to improve their life chances across various funded projects.

Crisis Support

[Bedford and Mid-Bedfordshire Crisis Team](#)

The Crisis Resolution / Home Treatment (CRHT) teams work with a group of patients, who, without this support, would need to be admitted to hospital, or who cannot be discharged from hospital without intensive support. The service enables patients who are in crisis, and not able to function at their normal level, to be supported in their own homes. Self-referrals to this service are not accepted. Please ask for a referral from one of the following: GP, A&E Department, Community mental health teams or Community nurse.

[Bedfordshire and Luton Mental Health Street Triage](#)

The Mental Health Street Triage service works to ensure patients experiencing a mental health crisis in Bedfordshire and Luton have fast access to care. The scheme involves a police officer, paramedic and mental health professional teaming up in one car to respond to mental health crisis calls 365 days a year. They cover the whole county, operating from 3pm – 1am, with bases at police headquarters in Kempston and at Luton Police Station. The team attend incidents where there is an immediate threat to life – someone threatening to self-harm or attempt suicide – or where a third party has called the police or ambulance and expressed concern for someone. The team has a dedicated phone and can be referred to incidents by police and ambulance control rooms.

[CAMHS HTT Bedfordshire](#)

CAMHS provide the following services for acute referrals where young people under the age of 18 years present with a mental health crisis. CAMHS accept urgent referrals from GPs, General Hospital Services, Paediatricians, Social Workers, Teachers, Adults Mental Health Services, Health Visitors, school nurses and Youth Offending Service. Upon receiving an urgent referral, the team screens the referral for appropriateness and urgency. CAMHS Home Treatment Team (HTT), may then get involved in the assessment and management of urgent referrals and provide urgent assessments and intensive psychological support.

[Learning Disabilities Intensive Support Team Bedfordshire](#)

The Service for People with Learning Disabilities (SPLD) Intensive Support Team (IST) provides a 24-hour crisis service as well as community based services to people who have a learning disability and are 18 years and over, living within Bedfordshire and Luton, who are experiencing a mental health or challenging behaviour crisis requiring urgent assessment and treatment. Self-referrals are accepted for this service.

Crisis Support

Luton and South Bedfordshire Crisis Team - Adults

The Crisis Resolution / Home Treatment (CRHT) teams work with a group of patients, who, without this support, would need to be admitted to hospital, or who cannot be discharged from hospital without intensive support. The service enables patients who are in crisis, and not able to function at their normal level, to be supported in their own homes. Self-referrals to this service are not accepted. Please ask for a referral from one of the following: GP, A&E Department, Community mental health teams or Community nurse.

Debt

Advice Central

Advice Central provides free & confidential advice in Central Bedfordshire on a range of issues including housing, debt, benefits, disabilities, employment, relationships and legal issues.

Luton Rights Centre

Luton Rights Centre seeks to address the practical, financial and social problems encountered by the unemployed and other disadvantaged sections of the population within the Luton and surrounding areas. It provides independent specialist advice on welfare benefits, debt, housing, employment.

Luton Salvation Army

They offer very practical help, unconditional assistance and support regardless of race, religion, gender or sexual choices, respecting the identity and choices of all those referred to them. Family breakdown, unemployment, poverty, homelessness, and drug and alcohol dependency are just some of the reasons why people can lose everything they value, including their dignity. They are there when you need them.

One Stop Advice Centre (OSAC)

One Stop Advice Centre (OSAC) provides comprehensive advice and support in areas (representation in some areas) of welfare benefits, debt, housing and immigration. OSAC is run by volunteers who speak community languages, so they can communicate with clients effectively addressing the issues in need. OSAC empowers individuals so they can manage their situations themselves long term, by advising, empowering and working closely with clients.

Depression

AnEartoHear

AnEartoHear in its simplest form is a peer support site that offers personal, one to one guidance through not only Eating Disorder recovery but the effects of crippling depression and anxiety.

Bedfordshire Wellbeing Service

The Bedfordshire Wellbeing Service offers a range of free and confidential talking therapies and specialist support to help you feel better. They offer skills-based teaching sessions where people can learn about how their thoughts and behaviours can impact and affect their emotions and moods. You will learn skills and techniques to change these types of thinking processes, which can have a positive impact on our mood.

Depression

Mind BLMK

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Domestic Abuse

Bedford Women's Centre

Their aim is to support women in the community to improve the quality of life for them and their families. We offer one to one support and mentoring, weekly workshops, training courses (both accredited and non-accredited) and support groups for women to promote healthy relationships and eradicate Domestic Abuse.

Bedfordshire Domestic Abuse Partnership

The Partnership brings together key agencies across Bedfordshire to raise awareness, to deliver services and to work together to improve our local response to domestic abuse. BDAP work closely with local authorities and other agencies to provide services in the local area, they deliver a two-tier training programme for professionals who work with those affected by domestic abuse and we strive to bring all those agencies working locally together to ensure a coordinated response to domestic abuse.

FACES (Family and Children's Early-help Services)

FACES supports local children and families faced with difficult issues such as mental and physical health, domestic abuse, poverty, child sexual exploitation and behavioural issues via a range of quality-tested services and family support groups.

Luton All Women Centre (LAWC)

Luton All Women Centre is dedicated to meeting the needs of all women in Luton and surrounding areas. The centre provides support and advice on a variety of issues including Domestic Abuse, Welfare Benefits, Parenting. They also have a Young Women's Service, a specialist service on Forced Marriage and Honour Based Violence and a Counselling Service.

Stepping Stones

Stepping Stones are dedicated to supporting women to transform the stumbling blocks of their lives into stepping stones; creating happier, healthier lives for women, their children and families. They provide a safe, welcoming, non-judgemental environment for women living in Luton and Central Bedfordshire who have suffered abuse, who are vulnerable due to substance misuse, offending, mental health conditions and/or are involved with Local Authority Children's Social Care.

Domestic Abuse

[The Emerald Centre Sexual Assault Referral Centre \(SARC\)](#)

The Emerald Centre SARC offers free support and practical help to anyone in Bedfordshire and Luton who has experienced sexual violence and/or sexual abuse. They offer an extensive service to men and women aged 13 years and over who have been raped or sexually assaulted.

[Women's Aid - Luton](#)

Women's Aid in Luton is a voluntary organisation supporting women and children who fall victim to domestic abuse. They offer support and guidance to women and children from all backgrounds and circumstances. For some this will just be someone to listen and for others this will be to offer them complete support to break away and start again. This may be through their helpline or even through one of their drop-in support groups.

Eating Disorders

[AnEartoHear](#)

AnEartoHear in its simplest form is a peer support site that offers personal, one to one guidance through not only Eating Disorder recovery but the effects of crippling depression and anxiety.

[Caraline Eating Disorders Counselling & Support Service](#)

Caraline is an independent Luton based charity dedicated to helping and supporting people and their families whose lives are affected by an eating disorder. They offer both individual and group formats where self-support, peer support and group support is always encouraged. They provide a telephone helpline for clients, carers, health professionals and anyone else needing advice.

[Community Eating Disorder Service Bedfordshire](#)

The aim of the Community Eating Disorders Service (CEDS) is to work with service users whose problems are at the most serious or severe range of presenting concerns. They provide assessment, support and therapy to service users and to their families and carers. If you struggle with food and eating, first approach your GP who can make a referral to their service. They take referrals from GPs, CMHTs, IAPT services and from other statutory and non-statutory services.

[The Bedfordshire and Luton Community Eating Disorders Service for Children and Young People \(CEDS-CYP\)](#)

CEDS-CYP is a specialist CAMHS service for young people up to the age of 18 who are experiencing an eating disorder. Referrals can be made by GPs, healthcare professionals, schools and colleges.

Family Support

[Autism Bedfordshire](#)

Autism Bedfordshire's services help break down the barriers to social participation for autistic people and their families by providing places where they can go and feel comfortable, accepted and not judged by society. With the encouragement and support of specialist trained staff they help autistic people build their confidence, self-esteem, and social skills through taking part in social activities and mixing with other people. They also help them to develop practical skills and independence which will improve their prospects in life and help them be part of the community.

Family Support

[Caraline Eating Disorders Counselling & Support Service](#)

Caraline is an independent Luton based charity dedicated to helping and supporting people and their families whose lives are affected by an eating disorder. They offer both individual and group formats where self-support, peer support and group support is always encouraged. They provide a telephone helpline for clients, carers, health professionals and anyone else needing advice.

[Carers in Bedfordshire](#)

Carers in Bedfordshire is a not-for-profit registered charity providing support for carers of family members and friends throughout Bedfordshire.

[Centre for All Families Positive Health \(CAFPH\)](#)

CAFPH support people to accept and live well with HIV, work and support the whole family/significant others on understanding HIV/AIDS issues and on disclosure and above all provide a safe and confidential environment for people in the same situation to meet, share experience and to support each other. CAFPH can come to you if you cannot come to us. They have trained peer supporters so that you are able to talk to someone you know fully understands what you are talking about.

[CHUMS](#)

CHUMS Mental Health & Emotional Wellbeing Service for Children and Young People provides therapeutic support in a variety of ways. CHUMS offers individual support, group work, family support, family days, activity days and residential weekends. CHUMS ethos is to support the family as a whole wherever possible and some of our current services directly support adults.

[FACES \(Family and Children's Early-help Services\)](#)

FACES supports local children and families faced with difficult issues such as mental and physical health, domestic abuse, poverty, child sexual exploitation and behavioural issues via a range of quality-tested services and family support groups.

[Headway Luton](#)

They aim to provide a wide range of support to meet the individual needs of people with an acquired brain injury, their families and/or carers, enabling them to live as independently as possible. Their ethos is to enable clients to move forward with their lives by building on their personal skills and self-confidence to achieve their fullest self-potential and increased social inclusion.

[Home-Start Central Bedfordshire](#)

Home-Start Central Bedfordshire provides vital support services to families with young children in Central Bedfordshire and Luton. They believe that every child deserves a safe place to live and play as well as protection from the effects of poor physical and mental health. Therefore Home-Start works directly in the homes of families across the county, helping parents to build better lives for all our children.

[Level Trust](#)

Level Trust exists to remove the barriers that poverty brings to a child's education in Luton. We work in partnership with schools and families to ensure that every child has what they need to do their very best at school. They run a school uniform exchange, shoe and winter coat voucher schemes and the SMASH summer school.

Family Support

[Luton All Women Centre \(LAWC\)](#)

Luton All Women Centre is dedicated to meeting the needs of all women in Luton and surrounding areas. The centre provides support and advice on a variety of issues including Domestic Abuse, Welfare Benefits, Parenting. They also have a Young Women's Service, a specialist service on Forced Marriage and Honour Based Violence and a Counselling Service.

[Luton Family Information Service \(FIS\)](#)

The FIS team based within Luton Borough Council offers free, impartial information and advice about registered childcare, early education, parenting and issues that affect young people up to the age of 20, and up to 25 for those with additional needs or disabilities.

[Luton Salvation Army](#)

They offer very practical help, unconditional assistance and support regardless of race, religion, gender or sexual choices, respecting the identity and choices of all those referred to them. Family breakdown, unemployment, poverty, homelessness, and drug and alcohol dependency are just some of the reasons why people can lose everything they value, including their dignity. They are there when you need them.

[Outside-iN](#)

Outside-iN is a community interest company dedicated to supporting and educating families, adults and professionals living with or working with Attention Deficit Hyperactivity Disorder (ADHD), Autistic Spectrum Conditions (ASC) and associated conditions. ADHD and ASC are complex, often hidden, spectrum conditions. Their specialist team of professionals are unique in that they all also have first-hand knowledge through living with, or being closely related to, someone with ADHD and/or ASC.

[Path to Recovery \(P2R\)](#)

P2R is a one stop service which provides drug and alcohol advice, treatment and support to adults whose lives are affected, support can include the whole family. They provide an integrated service with a range of expertise available in one place.

[Restoration Counselling Services \(RCS\)](#)

Restoration Counselling Services (RCS) offers a comprehensive counselling service to all, but specialises in parenting programmes such as SFSC and triple P. It has also developed a Rites of Passage programme for parents and young people that seeks to help parents and young people make the transition to adulthood. RCS also partners with other agencies in areas such as drug rehabilitation and mental health.

[Road Victims Trust](#)

Road Victims Trust seeks to support the bereaved, and people otherwise affected by death or life changing injuries as the result of a road accident who are resident in Bedfordshire, Cambridgeshire and Hertfordshire. They provide information alongside emotional and practical support.

[Safe at Home](#)

Safe at Home offers advice and FREE home safety assessments for all families, helping to make your home safer and reduce the risk of common childhood accidents. Families in receipt of Universal Credit or other qualifying benefits may be entitled to child safety equipment such as safety gates, cupboard locks, window restrictors, fireguard etc.

Family Support

[South Bedfordshire Dyslexia Association \(SBDA\)](#)

The SBDA are a small group of dedicated parents and teachers, many with specialist dyslexia training, who offer practical help and guidance to children and adults. They offer dyslexia screening tests and support workshops.

[Stepping Stones](#)

Stepping Stones are dedicated to supporting women to transform the stumbling blocks of their lives into stepping stones; creating happier, healthier lives for women, their children and families. They provide a safe, welcoming, non-judgemental environment for women living in Luton and Central Bedfordshire who have suffered abuse, who are vulnerable due to substance misuse, offending, mental health conditions and/or are involved with Local Authority Children's Social Care.

[The Avenue](#)

The Avenue in Biggleswade, Bedfordshire is a not for profit organisation for parents/carers, grandparents and other relatives who have a child with autism in their family. Our vision for The Avenue is to offer services that actively support the family, where our positive support groups are relaxed and friendly, where children with autism and their siblings are welcomed and where knowledge, ideas and experiences are shared.

[The Grove Pregnancy Advice Centre](#)

The Grove offers free and confidential services to all, they offer support to: those making decisions in the face of an unexpected pregnancy; those who struggle to come to terms with an experience of abortion, miscarriage or baby loss and those who need practical support, for whom a pregnancy and the first year of parenting presents financial difficulties.

[Women's Aid - Luton](#)

Women's Aid in Luton is a voluntary organisation supporting women and children who fall victim to domestic abuse. They offer support and guidance to women and children from all backgrounds and circumstances. For some this will just be someone to listen and for others this will be to offer them complete support to break away and start again. This may be through their helpline or even through one of their drop-in support groups.

Foodbanks

[Bedford Foodbank](#)

The Trussell Trust believe that no one in a community should have to face going hungry. That's why they provide three days' nutritionally balanced emergency food and support to local people who are referred to them in crisis. If local agencies feel you are struggling to put food on the table, they will issue you with a foodbank voucher.

[Dunstable Foodbank](#)

The Trussell Trust believe that no one in a community should have to face going hungry. That's why they provide three days' nutritionally balanced emergency food and support to local people who are referred to them in crisis. If local agencies feel you are struggling to put food on the table, they will issue you with a foodbank voucher.

[Luton Foodbank](#)

Luton Foodbank is the result of more than 50 local organisations and many more volunteers who were committed to ensuring no-one goes hungry in your town.

Helplines

[Bedfordshire Domestic Abuse Partnership](#)

The Partnership brings together key agencies across Bedfordshire to raise awareness, to deliver services and to work together to improve our local response to domestic abuse. BDAP work closely with local authorities and other agencies to provide services in the local area, they deliver a two-tier training programme for professionals who work with those affected by domestic abuse and we strive to bring all those agencies working locally together to ensure a coordinated response to domestic abuse.

[The Emerald Centre Sexual Assault Referral Centre \(SARC\)](#)

The Emerald Centre SARC offers free support and practical help to anyone in Bedfordshire and Luton who has experienced sexual violence and/or sexual abuse. They offer an extensive service to men and women aged 13 years and over who have been raped or sexually assaulted.

[The Hope Programme](#)

The Hope Programme offers a telephone helpline, emotional support and counselling to women, girls, men and boys over 10 years who suffered rape and sexual violence. They offer free, specialist 1-1, face to face, emotional support and counselling to anyone over the age of 10 living in Bedfordshire to help them cope and recover from the trauma and harm caused by rape and sexual violence. Our services are also available to their non-offending family members, partners and carers.

Housing

[Advice Central](#)

Advice Central provides free & confidential advice in Central Bedfordshire on a range of issues including housing, debt, benefits, disabilities, employment, relationships and legal issues.

[Amicus Trust](#)

Amicus Trust provides accommodation for homeless individuals (16-65). They offer supported accommodation, a mobile night shelter during cold weather and support homeless adults with their mental health and in achieving their work and educational goals.

[Kings Arm Project](#)

At the King's Arms Project they believe that every homeless person can have a bright future. They deliver services to empower people on their journey out of homelessness. They provide outreach, accommodation and opportunity, all specifically developed to help people out of poverty.

[Luton Rights Centre](#)

Luton Rights Centre seeks to address the practical, financial and social problems encountered by the unemployed and other disadvantaged sections of the population within the Luton and surrounding areas. It provides independent specialist advice on welfare benefits, debt, housing, employment.

[NOAH Enterprise](#)

NOAH Enterprise is a Christian inspired charity working across Bedfordshire offering support and opportunity to people suffering severe and multiple disadvantage including homelessness, rough sleeping, addiction, mental ill-health, and living chaotic lifestyles. They run a Welfare Centre, an outreach programme and a furniture-based social enterprise that combine to provide a holistic approach to rehabilitation for those who are among the most vulnerable in the community.

Housing

[One Stop Advice Centre \(OSAC\)](#)

One Stop Advice Centre (OSAC) provides comprehensive advice and support in areas (representation in some areas) of welfare benefits, debt, housing and immigration. OSAC is run by volunteers who speak community languages, so they are able to communicate with clients effectively addressing the issues in need. OSAC empowers individuals so they are able to manage their situations themselves long term, by advising, empowering and working closely with clients.

[Penrose Synergy](#)

Penrose works to create safer and healthier communities, end the cycle of offending and constant return to in-patient psychiatric care. They provide high calibre specialist support, practical interventions, education and employment training for offenders and those with mental illness and personality disorders, leading the way to recovery and reintegration.

[Signposts](#)

Signposts is there to help people who are homeless in Luton and Dunstable. For over 30 years, they have provided residential and supporting services to those who, for many reasons and circumstances, are unable to find suitable accommodation to meet their needs. Their aim is to help clients achieve their maximum potential to live and develop in the community.

[SMART Prebend Centre](#)

The SMART Prebend Centre provides facilities, support and guidance; to relieve rough sleeping and to prevent further homelessness. The Centre is open 365 days a year providing vital facilities and services for the homeless including: Breakfast, lunch and emergency food packs, Showers and toiletries, Clothes, Phone and postal services, Advocacy and signposting and Clinics provided by nurses, chiropodists and vets.

Illness

[Centre for All Families Positive Health \(CAFPH\)](#)

CAFPH support people to accept and live well with HIV, work and support the whole family/significant others on understanding HIV/AIDS issues and on disclosure and above all provide a safe and confidential environment for people in the same situation to meet, share experience and to support each other. CAFPH can come to you if you cannot come to us. They have trained peer supporters so that you are able to talk to someone you know fully understands what you are talking about.

[Headway Luton](#)

They aim to provide a wide range of support to meet the individual needs of people with an acquired brain injury, their families and/or carers, enabling them to live as independently as possible. Their ethos is to enable clients to move forward with their lives by building on their personal skills and self-confidence to achieve their fullest self-potential and increased social inclusion.

[Sight Concern Bedfordshire](#)

Sight Concern Bedfordshire is a local, independent charity with offices in Luton and Bedford. They work with visually impaired people, their families and carers throughout Bedfordshire and Luton to provide services to enable them to live full, active and independent lives.

Illness

[Terence Higgins Trust Luton](#)

They provide a range of HIV and sexual health services available to anyone who lives in the Luton area. They offer their new Identity service, offering safety, health and wellbeing support for the LGBTQ community.

Legal Advice

[Advice Central](#)

Advice Central provides free & confidential advice in Central Bedfordshire on a range of issues including housing, debt, benefits, disabilities, employment, relationships and legal issues.

[BRASS - Refugee and Asylum Seeker Support](#)

Brass supports refugees and asylum seekers in Bedfordshire. They provide advice on a range of issues, English language tuition, and social activities.

[Immigration Aid](#)

Immigration Aid provides a specialist service in the area of immigration and nationality law and is regulated by the OISC. The organisation employs highly experienced consultants and although they are not funded by the Legal Services Commission (LSC), Immigration Aid is one of the few firms whose consultant's work is supervised by an Accredited Supervisor.

[Luton Irish Forum \(LIF\)](#)

LIF is a representative community organisation serving Luton's diverse vulnerable and socially excluded people. Their activities and events which promote health and wellbeing, improve quality of life and increase social inclusion are accessed 30,000 times annually. LIF provides Welfare support through drop-ins, appointments and home visits relating to welfare benefits, housing, debt, applications for an Irish Passport and provides practical support to engage with Ombudsman services, tribunals, courts and appeals.

[Luton Law Centre](#)

Luton Law Centre is a not-for-profit legal practice which gives professional, confidential legal advice and assistance. We are a member of the Law Centres Network (LCN) and Advice UK. We work closely with local partner organisations such as the Citizens Advice Bureau, Luton Rights and Luton Irish Forum.

[Luton POhWER](#)

POhWER delivers information, advice, support and advocacy services throughout England and aim to support people who face difficult issues and want to make their voice heard. As well as providing a range of advocacy services they also have a Community Development Worker who facilitates group work for service users and drop in sessions within the community and support services. The work carried out within the groups is then fed back to the local authority and forms a part in their strategic plans for the town.

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Men

[Men in Sheds – Bedford](#)

They provide a place, within the Bedford area, where everyone with time on their hands can have fun working with others in pursuing their hobbies and practical interests. You can share skills, learn new ones and help with community-based projects, or just come along (in an environment of like-minded people) for a chat, cup of tea, and maybe even a biscuit. The Men in Shed movement is primarily aimed at older more mature men – but everyone is welcome.

Mental Health

[Adult Autism Service Bedfordshire](#)

The service provides assessment, treatment and advice for people who are suspected as having an Autistic Spectrum Disorder (ASD) and require a definite diagnosis, followed by help to access the most appropriate service e.g. health, social care or support group. Referrals are accepted from one of the following: GP, Specialist Healthcare Services e.g. Mental Health, Learning Disabilities, Criminal Justice Team, Local Authority teams such as Social Services or Acute Hospital Liaison.

[Amicus Trust](#)

Amicus Trust provides accommodation for homeless individuals (16-65). They offer supported accommodation, a mobile night shelter during cold weather and support homeless adults with their mental health and in achieving their work and educational goals.

[Bedford and Mid-Bedfordshire Crisis Team](#)

The Crisis Resolution / Home Treatment (CRHT) teams work with a group of patients, who, without this support, would need to be admitted to hospital, or who cannot be discharged from hospital without intensive support. The service enables patients who are in crisis, and not able to function at their normal level, to be supported in their own homes. Self-referrals to this service are not accepted. Please ask for a referral from one of the following: GP, A&E Department, Community mental health teams or Community nurse.

[Bedfordshire and Luton Mental Health Street Triage](#)

The Mental Health Street Triage service works to ensure patients experiencing a mental health crisis in Bedfordshire and Luton have fast access to care. The scheme involves a police officer, paramedic and mental health professional teaming up in one car to respond to mental health crisis calls 365 days a year. They cover the whole county, operating from 3pm – 1am, with bases at police headquarters in Kempston and at Luton Police Station. The team attend incidents where there is an immediate threat to life – someone threatening to self-harm or attempt suicide – or where a third party has called the police or ambulance and expressed concern for someone. The team has a dedicated phone and can be referred to incidents by police and ambulance control rooms.

Mental Health

[Bedfordshire and Luton Recovery College](#)

Bedfordshire and Luton Recovery College is part of the Bedfordshire Mental Health Academy which is a formal partnership with East London NHS Foundation Trust (ELFT) and the University of Bedfordshire. The college is open to any adults who live or work in Bedfordshire and Luton. Their courses and workshops focus on mental health wellbeing and recovery. They are delivered by people with lived experience and professional experience. They promote a positive student experience based on the principles of recovery.

[Bedfordshire Wellbeing Service](#)

The Bedfordshire Wellbeing Service offers a range of free and confidential talking therapies and specialist support to help you feel better. They offer skills-based teaching sessions where people can learn about how their thoughts and behaviours can impact and affect their emotions and moods. You will learn skills and techniques to change these types of thinking processes, which can have a positive impact on our mood.

[CAMHS HTT Bedfordshire](#)

CAMHS provide the following services for acute referrals where young people under the age of 18 years present with a mental health crisis. CAMHS accept urgent referrals from GPs, General Hospital Services, Paediatricians, Social Workers, Teachers, Adults Mental Health Services, Health Visitors, school nurses and Youth Offending Service. Upon receiving an urgent referral, the team screens the referral for appropriateness and urgency. CAMHS Home Treatment Team (HTT), may then get involved in the assessment and management of urgent referrals and provide urgent assessments and intensive psychological support.

[ChatHealth](#)

Are you aged 11-19, living in Luton, and looking for health advice? You can now text the Luton School Nurse Service on 07520 616070 to ask health related questions you might have including mental health, drugs, relationships, healthy eating and much more. ChatHealth is an easy, confidential, anonymous way to ask questions about your health, and their Luton school nurse team will be there to answer your text from 9am to 4pm, Monday to Friday (except bank holidays).

[CHUMS](#)

CHUMS Mental Health & Emotional Wellbeing Service for Children and Young People provides therapeutic support in a variety of ways. CHUMS offer individual support, group work, family support, family days, activity days and residential weekends. CHUMS ethos is to support the family as a whole wherever possible and some of our current services directly support adults.

[FACES \(Family and Children's Early-help Services\)](#)

FACES supports local children and families faced with difficult issues such as mental and physical health, domestic abuse, poverty, child sexual exploitation and behavioural issues via a range of quality-tested services and family support groups.

[Impact Mental Health](#)

Impact Mental Health is a Peer-Led Community Interest Company providing mental health courses, training and support services. Their programmes provide ways in which individuals can learn how to feel more empowered and get in control of their wellbeing recovery using a variety of tools to change, planning achievable goals and widening their support network with peer support, which can greatly improve the quality of their lives in and out of work.

Mental Health

[Luton and South Bedfordshire Crisis Team - Adults](#)

The Crisis Resolution / Home Treatment (CRHT) teams work with a group of patients, who, without this support, would need to be admitted to hospital, or who cannot be discharged from hospital without intensive support. The service enables patients who are in crisis, and not able to function at their normal level, to be supported in their own homes. Self-referrals to this service are not accepted. Please ask for a referral from one of the following: GP, A&E Department, Community mental health teams or Community nurse.

[Luton POhWER](#)

POhWER delivers information, advice, support and advocacy services throughout England and aim to support people who face difficult issues and want to make their voice heard. As well as providing a range of advocacy services they also have a Community Development Worker who facilitates group work for service users and drop in sessions within the community and support services. The work carried out within the groups is then fed back to the local authority and forms a part in their strategic plans for the town.

[Meaningful Education](#)

Meaningful Education is a Community Interest Company specialising in Mental Health, providing professional Health & Social Care training, and Community Education. Their services include Friends by Choice, a mental health peer support service and professional and community training.

[Mind BLMK](#)

Mind BLMK works across your communities to support positive mental health and wellbeing. Working closely with a range of partners, they offer a number of activities from their wellbeing centres and local venues to make a difference to the mental health and wellbeing of people in Bedfordshire, Luton and Milton Keynes. They have four wellbeing centres in Luton, Bedford, Leighton Buzzard and Milton Keynes.

[NOAH Enterprise](#)

NOAH Enterprise is a Christian inspired charity working across Bedfordshire offering support and opportunity to people suffering severe and multiple disadvantage including homelessness, rough sleeping, addiction, mental ill-health, and living chaotic lifestyles. They run a Welfare Centre, an outreach programme and a furniture-based social enterprise that combine to provide a holistic approach to rehabilitation for those who are among the most vulnerable in the community.

[Our Minds Matter](#)

A charity focused on promoting mental health in the faith communities of Luton and Bedford. They have developed a targeted approach to help tackle health inequalities and promote mental health and well-being.

[Penrose Synergy](#)

Penrose works to create safer and healthier communities, end the cycle of offending and constant return to in-patient psychiatric care. They provide high calibre specialist support, practical interventions, education and employment training for offenders and those with mental illness and personality disorders, leading the way to recovery and reintegration.

Mental Health

Total Wellbeing Luton

Total Wellbeing supports people living in Luton who want to improve their physical and emotional health. They offer support with Smoking Cessation; Weight Management; Health Checks; Emotional Health; Long Term Health Conditions; Exercise on Referral and Social Prescription.

The Counselling Foundation

The Counselling Foundation is a leading charity that provides counselling and counselling training across Hertfordshire and Bedfordshire. Through their BACP accredited counselling service, they support over 500 people each week including over 18's, couples who suffer from anxiety, depression, bereavement, and life-changing events on a short- or long-term basis. Free NHS and subsidised weekly counselling is available to help those aged 16+.

The Enable Project

The Enable Project is a ground-breaking initiative which promotes real inclusion for people with learning disabilities and mental health conditions. We provide safe and friendly support as participants take part in daily activities to develop their skills and confidence during the transition from youth to adulthood, and beyond. They have a timetable of activities that take place out in the community. Participants play a very active role in deciding which activities make it onto the timetable, and their days are always an adventure.

Older People

Bedfordshire Wellbeing Service

The Bedfordshire Wellbeing Service offers a range of free and confidential talking therapies and specialist support to help you feel better. They offer skills-based teaching sessions where people can learn about how their thoughts and behaviours can impact and affect their emotions and moods. You will learn skills and techniques to change these types of thinking processes, which can have a positive impact on our mood.

Men in Sheds – Bedford

They provide a place, within the Bedford area, where everyone with time on their hands can have fun working with others in pursuing their hobbies and practical interests. You can share skills, learn new ones and help with community-based projects, or just come along (in an environment of like-minded people) for a chat, cup of tea, and maybe even a biscuit. The Men in Shed movement is primarily aimed at older more mature men – but everyone is welcome.

Path to Recovery (P2R)

P2R is a one stop service which provides drug and alcohol advice, treatment and support to adults whose lives are affected, support can include the whole family. They provide an integrated service with a range of expertise available in one place.

Pregnancy

Luton Sexual Health

Luton Sexual Health is an all age in integrated sexual health service for Luton. They offer advice on a range of issues such as sexual health, sex and relationships, HIV, contraception, and STI testing.

The Grove Pregnancy Advice Centre

The Grove offers free and confidential services to all, they offer support to: those making decisions in the face of an unexpected pregnancy; those who struggle to come to terms with an experience of abortion, miscarriage or baby loss and those who need practical support, for whom a pregnancy and the first year of parenting presents financial difficulties.

Prisoners

Direction for Bedfordshire

Direction for Bedfordshire provide a free and confidential service to help offenders, their families and friends, and professionals. It is an online information and advice service linking to a database of partners and organisations from the voluntary sector who are working together to support offenders, ex-offenders and their families; including specialist providers who can point you in the right direction for the help you need.

Penrose Synergy

Penrose works to create safer and healthier communities, end the cycle of offending and constant return to in-patient psychiatric care. They provide high calibre specialist support, practical interventions, education and employment training for offenders and those with mental illness and personality disorders, leading the way to recovery and reintegration.

Psychosis

Early Intervention Service Bedfordshire

This specialist service works with people aged 14-35 years who are experiencing their first episode of psychosis, no matter what the cause of symptoms, whether it is drug induced or related to a bipolar disorder or a primary psychotic illness. This intensive service is available to people with psychosis and their carers for a maximum of three years. Self-Referrals to this service are accepted.

Refugees & Migrants

BRASS - Refugee and Asylum Seeker Support

BRASS supports refugees and asylum seekers in Bedfordshire. They provide advice on a range of issues, English language tuition, and social activities.

Centre For Youth & Community Development (CYCD)

CYCD is a community facility set in the heart of the Bury Park area of Luton which runs projects to meet the needs of the community. They operate under the auspices of the Bangladesh Youth League and Bengali Women's Project. They also support a number of small community organisations who use their facilities.

Refugees & Migrants

Immigration Aid

Immigration Aid provides a specialist service in the area of immigration and nationality law and is regulated by the OISC. The organisation employs highly experienced consultants and although they are not funded by the Legal Services Commission (LSC), Immigration Aid is one of the few firms whose consultant's work is supervised by an Accredited Supervisor.

Luton Irish Forum (LIF)

LIF is a representative community organisation serving Luton's diverse vulnerable and socially excluded people. Their activities and events which promote health and wellbeing, improve quality of life and increase social inclusion are accessed 30,000 times annually. LIF provides Welfare support through drop-ins, appointments and home visits relating to welfare benefits, housing, debt, applications for an Irish Passport and provides practical support to engage with Ombudsman services, tribunals, courts and appeals.

Luton Roma Trust

The Luton Roma Trust supports the Roma community to integrate in a holistic way into life in the UK. Working at the heart of Luton's Roma community, they meet them in their deepest need, helping them to access accommodation, education, welfare, medical care and employment.

Oasis Drop In Centre

At The Oasis Drop in Centre they aim to equip those who have England as a second country or second language to feel they 'fit' into life in the U.K. This could be by equipping them in their use of English, helping them to find their way around town or encouraging their children with homework.

Polish British Integration Centre

Their migrant integration project offers help with integration into British society to migrants from Poland and other countries in Central and Eastern Europe. They advise how to use mainstream services provided by local authorities and institutions, provide free English courses and various professional and vocational courses. They offer translation and qualification transfer service and also organise integrational events for adults and children with the aim of broadening knowledge about the UK and the local environment.

Relationships

Advice Central

Advice Central provides free & confidential advice in Central Bedfordshire on a range of issues including housing, debt, benefits, disabilities, employment, relationships and legal issues.

Bedford Women's Centre

Their aim is to support women in the community to improve the quality of life for them and their families. We offer one to one support and mentoring, weekly workshops, training courses (both accredited and non-accredited) and support groups for women to promote healthy relationships and eradicate Domestic Abuse.

Relationships

[Centre for All Families Positive Health \(CAFPH\)](#)

CAFPH support people to accept and live well with HIV, work and support the whole family/significant others on understanding HIV/AIDS issues and on disclosure and above all provide a safe and confidential environment for people in the same situation to meet, share experience and to support each other. CAFPH can come to you if you cannot come to us. They have trained peer supporters so that you are able to talk to someone you know fully understands what you are talking about.

[ChatHealth](#)

Are you aged 11-19, living in Luton, and looking for health advice? You can now text the Luton School Nurse Service on 07520 616070 to ask health related questions you might have including mental health, drugs, relationships, healthy eating and much more. ChatHealth is an easy, confidential, anonymous way to ask questions about your health, and their Luton school nurse team will be there to answer your text from 9am to 4pm, Monday to Friday (except bank holidays).

[LGBT Links Luton](#)

LGBT Links Luton is there to offer advice, support & guidance to anyone from the LGBT community and their friends and family, throughout Luton and surrounding areas. They seek to promote living a healthy happy, active life and reduce isolation and stigma which can be experienced by people in the LGBT community.

[Luton Rights](#)

Luton Rights seeks to address the practical, financial and social problems encountered by the unemployed and other disadvantaged sections of the population within the Luton and surrounding areas. It provides independent, high quality and confidential advice and guidance to its clients.

[Luton Sexual Health](#)

Luton Sexual Health is an all age integrated sexual health service for Luton. They offer advice on a range of issues such as sexual health, sex and relationships, HIV, contraception, and STI testing.

Training

[Amicus Trust](#)

Amicus Trust provides accommodation for homeless individuals (16-65). They offer supported accommodation, a mobile night shelter during cold weather and support homeless adults with their mental health and in achieving their work and educational goals.

[Bedford Women's Centre](#)

Their aim is to support women in the community to improve the quality of life for them and their families. We offer one to one support and mentoring, weekly workshops, training courses (both accredited and non-accredited) and support groups for women to promote healthy relationships and eradicate Domestic Abuse.

Training

[Bedfordshire and Luton Recovery College](#)

Bedfordshire and Luton Recovery College is part of the Bedfordshire Mental Health Academy which is a formal partnership with East London NHS Foundation Trust (ELFT) and the University of Bedfordshire. The college is open to any adults who live or work in Bedfordshire and Luton. Their courses and workshops focus on mental health wellbeing and recovery. They are delivered by people with lived experience and professional experience. They promote a positive student experience based on the principles of recovery.

[Impact Mental Health](#)

Impact Mental Health is a Peer-Led Community Interest Company providing mental health courses, training and support services. Their programmes provide ways in which individuals can learn how to feel more empowered and get in control of their wellbeing recovery using a variety of tools to change, planning achievable goals and widening their support network with peer support, which can greatly improve the quality of their lives in and out of work.

[Kings Arm Project](#)

At the King's Arms Project they believe that every homeless person can have a bright future. They deliver services to empower people on their journey out of homelessness. They provide outreach, accommodation and opportunity, all specifically developed to help people out of poverty.

[Meaningful Education](#)

Meaningful Education is a Community Interest Company specialising in Mental Health, providing professional Health & Social Care training, and Community Education. Their services include Friends by Choice, a mental health peer support service and professional and community training.

[Outside-iN](#)

Outside-iN is a community interest company dedicated to supporting and educating families, adults and professionals living with or working with Attention Deficit Hyperactivity Disorder (ADHD), Autistic Spectrum Conditions (ASC) and associated conditions. ADHD and ASC are complex, often hidden, spectrum conditions. Their specialist team of professionals are unique in that they all also have first-hand knowledge through living with, or being closely related to, someone with ADHD and/or ASC.

[Polish British Integration Centre](#)

Their migrant integration project offers help with integration into British society to migrants from Poland and other countries in Central and Eastern Europe. They advise how to use mainstream services provided by local authorities and institutions, provide free English courses and various professional and vocational courses. They offer translation and qualification transfer service and also organise integrational events for adults and children with the aim of broadening knowledge about the UK and the local environment.

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Training

[The Disability Resource Centre](#)

The Disability Resource Centre provides independent information and advice to people with disabilities, their families, carers and fellow professionals. Their Centre acts as a focal point for disability services locally and combines a variety of statutory and voluntary sector services under one roof.

[The Counselling Foundation](#)

The Counselling Foundation is a leading charity that provides counselling and counselling training across Hertfordshire and Bedfordshire. Through their BACP accredited counselling service, they support over 500 people each week including over 18's, couples who suffer from anxiety, depression, bereavement, and life-changing events on a short- or long-term basis. Free NHS and subsidised weekly counselling is available to help those aged 16+.

Self Harm

[Bedfordshire and Luton Mental Health Street Triage](#)

The Mental Health Street Triage service works to ensure patients experiencing a mental health crisis in Bedfordshire and Luton have fast access to care. The scheme involves a police officer, paramedic and mental health professional teaming up in one car to respond to mental health crisis calls 365 days a year. They cover the whole county, operating from 3pm – 1am, with bases at police headquarters in Kempston and at Luton Police Station. The team attend incidents where there is an immediate threat to life – someone threatening to self-harm or attempt suicide – or where a third party has called the police or ambulance and expressed concern for someone. The team has a dedicated phone and can be referred to incidents by police and ambulance control rooms.

Sexuality & Gender

[LGBT Links Luton](#)

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[Luton Sexual Health](#)

Luton Sexual Health is an all age in integrated sexual health service for Luton. They offer advice on a range of issues such as sexual health, sex and relationships, HIV, contraception, and STI testing.

[Terence Higgins Trust Luton](#)

They provide a range of HIV and sexual health services available to anyone who lives in the Luton area. They offer their new Identity service, offering safety, health and wellbeing support for the LGBTQ community.

Suicide

[CAMHS HTT Bedfordshire](#)

CAMHS provide the following services for acute referrals where young people under the age of 18 years present with a mental health crisis. CAMHS accept urgent referrals from GPs, General Hospital Services, Paediatricians, Social Workers, Teachers, Adults Mental Health Services, Health Visitors, school nurses and Youth Offending Service. Upon receiving an urgent referral, the team screens the referral for appropriateness and urgency. CAMHS Home Treatment Team (HTT), may then get involved in the assessment and management of urgent referrals and provide urgent assessments and intensive psychological support.

[Bedfordshire and Luton Mental Health Street Triage](#)

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Wellbeing

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[CHUMS](#)

CHUMS Mental Health & Emotional Wellbeing Service for Children and Young People provides therapeutic support in a variety of ways. CHUMS offer individual support, group work, family support, family days, activity days and residential weekends. CHUMS ethos is to support the family as a whole wherever possible and some of our current services directly support adults.

Wellbeing

[Hear2Listen](#)

Hear2Listen is a regional, non-profit organisation providing a range of professional services designed to increase the emotional wellbeing of young people, supporting them in overcoming barriers that prevent living healthy and fulfilling lives.

[Impact Mental Health](#)

Impact Mental Health is a Peer-Led Community Interest Company providing mental health courses, training and support services. Their programmes provide ways in which individuals can learn how to feel more empowered and get in control of their wellbeing recovery using a variety of tools to change, planning achievable goals and widening their support network with peer support, which can greatly improve the quality of their lives in and out of work.

[Kids in Action](#)

Kids in Action provides support and social opportunities for children and young adults with special needs and disabilities. Their aim is to make a positive difference to each and every individual, encouraging their participation in social activities, in a safe, non-judgemental environment.

[LGBT Links Luton](#)

LGBT Links Luton is there to offer advice, support & guidance to anyone from the LGBT community and their friends and family, throughout Luton and surrounding areas. They seek to promote living a healthy happy, active life and reduce isolation and stigma which can be experienced by people in the LGBT community.

[Mind BLMK](#)

Mind BLMK works across your communities to support positive mental health and wellbeing. Working closely with a range of partners, they offer a number of activities from their wellbeing centres and local venues to make a difference to the mental health and wellbeing of people in Bedfordshire, Luton and Milton Keynes. They have four wellbeing centres in Luton, Bedford, Leighton Buzzard and Milton Keynes.

[SNOOSC](#)

SNOOSC is a specialised club for children and young adults ages between 8-25 years old. They provide a 1:1 service for all members no matter their needs or abilities. They run specialised after school clubs, Saturday clubs and holiday clubs. These services are available to provide families a much needed break and allowing the members a chance to gain friendships and develop their social, emotional skills whilst being kept safe.

[Spectrum Community Arts](#)

Spectrum Community Arts aim is to enable participants to develop their self-esteem and self-expression in a safe, encouraging environment. They strongly believe that the performing arts is a fun and exciting way to do this and is a perfect platform to nurture and develop individual skills and abilities.

[Total Wellbeing Luton](#)

Total Wellbeing supports people living in Luton who want to improve their physical and emotional health. They offer support with Smoking Cessation; Weight Management; Health Checks; Emotional Health; Long Term Health Conditions; Exercise on Referral and Social Prescription.

Wellbeing

Walk To Freedom

Walk To Freedom work with young people on a range of topics such as drug and/or alcohol dependency, training and adolescent antisocial behaviour in relation to serious youth violence, gang exploitation, knife crime and adolescent drug abuse. Through their innovative programmes, workshops and mentoring they help young people to make better life choices and achieve personal goals.

Yawn Club

A group for sociable young adults with learning disabilities aged 18 - 30. The club enables them to spend time with their friends doing all the things that young people like to do but with the support of their volunteers.

Youthscape

A Luton based charity working with young people aged 11 and above. They provide a wide range of programmes and events focused on young people's social and emotional well-being. Youthscape exists to give young people the best social, emotional and spiritual landscape on which to build their lives and achieve their potential.

Women

Bedford Women's Centre

Their aim is to support women in the community to improve the quality of life for them and their families. We offer one to one support and mentoring, weekly workshops, training courses (both accredited and non-accredited) and support groups for women to promote healthy relationships and eradicate Domestic Abuse.

Luton All Women Centre (LAWC)

Luton All Women Centre is dedicated to meeting the needs of all women in Luton and surrounding areas. The centre provides support and advice on a variety of issues including Domestic Abuse, Welfare Benefits, Parenting. They also have a Young Women's Service, a specialist service on Forced Marriage and Honour Based Violence and a Counselling Service.

Stepping Stones

Stepping Stones are dedicated to supporting women to transform the stumbling blocks of their lives into stepping stones; creating happier, healthier lives for women, their children and families. They provide a safe, welcoming, non-judgemental environment for women living in Luton and Central Bedfordshire who have suffered abuse, who are vulnerable due to substance misuse, offending, mental health conditions and/or are involved with Local Authority Children's Social Care.

Women's Aid - Luton

Women's Aid in Luton is a voluntary organisation supporting women and children who fall victim to domestic abuse. They offer support and guidance to women and children from all backgrounds and circumstances. For some this will just be someone to listen and for others this will be to offer them complete support to break away and start again. This may be through their helpline or even through one of their drop-in support groups.