

Healthy Hub St Albans

The Healthy Hub is a collection of local charities and organisations that offer advice, information and guidance to improve the health and wellbeing of residents in and around St Albans. They offer a mix of in-person and online services. See contact details below.



Citizens Advice St Albans

Advice and support on benefits, housing, employment, debt, consumer, family matters and more.

01727 811118
www.citizensadvicestalbans.org.uk



IPS Employment Service

Helps unemployed people who are receiving care from a community mental health team to find paid work.

www.hpft.nhs.uk



Hertfordshire Independent Living

Independence-promoting support services to older and vulnerable people, including Meals on Wheels.

0330 2000 103
www.hertsindependentliving.org



Small Acts of Kindness

Practical gifts & information to combat loneliness & isolation in older people. Warm in Winter gift packs.

01923 372717
www.smallactsofkindness.co.uk



Harts in Mind

Mental health arts charity with free online art sessions.

07568 368191
www.hartsinmind.co.uk



Autism Hertfordshire

Support groups, courses and workshops and post-diagnostic support..

01727 743246
www.autismbedfordshire.net



Macmillan Cancer Support

Information and support services for those living with or affected by cancer.

07714 134453



Breakeven

Free & confidential treatment services for individuals impacted by their own or someone else's gambling.

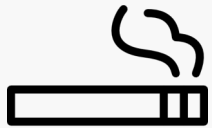
www.breakeven.org.uk



The Living Room

Community-based treatment & support to help people break free from the cycle of addiction.

0300 365 0304
www.livingroomherts.org



Stop Smoking Service

Free, confidential & non-judgmental advice and support on stopping smoking.

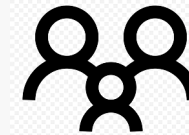
0800 389 3998
01442 435071



Carers in Herts

Free advice, information & support to unpaid carers—adults and children.

01992 586969
www.carersinherts.org.uk



Family Centre Service

Support to families with children aged 0-11, including free sessions, groups & courses.

0300 123 7572
www.hertsfamilycentres.org



SAHWR Specialist Domestic Abuse Services

Provides services to meet the needs of all victims of domestic abuse.

01727 824425
07501 492064
www.sahwr.org.uk



The ADDA Club

Diabetes & lifestyle coaching for members of the South Asian community who have Type 2 diabetes.

www.theaddaclub.co.uk



Shaw Trust

Provides employment opportunities, training & support as well as promoting inclusion for those with barriers to work.

0300 303 3111
www.shaw-trust.org.uk



St Albans Community Bank

Provides loans & accessible savings, offering an alternative to high street banks, enabling members to prosper.

01727 859135
www.stalbanscommunitybank.co.uk



Emmaus

Supports people to work their way out of homelessness, via meaningful training, support & accommodation.

01727 817294
www.emmaus.org.uk



Computer Friendly

Provides free & low cost training on phones, tablets and laptops, as well as courses.

01727 617359
www.cfsta.org



St Albans Old People's Trust

Gives free items & services—household items, small home repairs, boilers—to people aged over 60.

01727 260701
07541 659442
www.saopt.org



Alzheimer's Society

Dementia support workers offer help & guidance to cope with the condition, cope with challenges, & plan for the future.

01707 378365
www.alzheimers.org.uk



BeeZee Bodies

A family healthy lifestyles programme designed to offer practical advice and ideas.

01707 248648
www.beezeebodies.com



Mind in Mid Herts

Works with people to prevent mental health problems as well as supporting recovery and preventing relapse.

www.mindinmidherts.org.uk



Age UK

Works to alleviate isolation & loneliness, tackle poverty & build resilience amongst older people in the community.

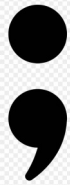
0300 345 3446
www.ageuk.org.uk/hertfordshire



New Leaf College

Offers free courses about mental wellbeing, supporting personal recovery.

01442 864966
www.newleafcollege.co.uk



The Ollie Foundation

Provides suicide awareness, intervention & prevention training, plus Mental Health First Aid.

07715 311891
www.theolliefoundation.org



Samaritans

Whatever you're going through, a Samaritan will face it with you, 24 hours a day, 365 days a year.

116 123
www.samaritans.org



Youth Talk

Offer a counselling service to 13-25 years olds. They work on a self-referral basis.

01727 868684
www.youthtalk.org.uk



Communities 1st

Recruits volunteers to help voluntary & community groups deliver vital services across the community.

01727 649950
www.communities1st.org.uk



Hert's Asian Women's Assoc

Provides free, independent, confidential & impartial advice to the BME community.

07401 079970
07480 934282
www.hawaherts.co.uk



Oaklands College

Information and advice on full & part-time courses for young people & adults.

01727 737000
www.oaklands.ac.uk



Morgan Sindell

Advice & support on writing CVs, employability support, training programmes, home efficiency.

Fiona.Plumridge@morgansindall.com

St Albans Library

Various activities - baby rhyme time, story time, Knit & Natter.

www.hertfordshire.gov.uk/services/libraries-and-archives

Healthy Start

If more than 10 weeks pregnant or have a child under 4, may be eligible for help with healthy food & milk.

www.healthystart.nhs.uk

St Albans Warmer Homes

Improve energy efficiency of homes to keep residents warmer & save money . May be fully funded.

01422 880100

Hertfordshire Health Walks

Free guided walks at different levels to suit all abilities and backgrounds.

01992 555888

Other useful resources