

Job Centres Plus:

2, Station Road, Letchworth G.C. SG6 3AZ
38-44, The Forum, Stevenage SG1 1EZ

Tel: 0845 6043719

M, T, Th, F 9.00 – 5.00; Wed 10.00 – 5.00

www.direct.gov.uk

YMCA Space Welwyn Garden City

22, Church Road, WGC AL8 6PW
01707 326573

YMCA Space: drop-in for all – M, W, Th 9.30-2.00.

Listening space: Tues 10.00-12.30, a quiet safe environment with trained listeners.

Finding Space: Friday 10.30-12.30 for parents, carers and their children, a space to relax, play and chat.

Jobsearch Space: Thurs 10.00-2.00.

Emergency housing advice/Pear Tree Hostel – Tel: 01707 351400.

The Living Room

8-10, The Glebe, Chells Way, Stevenage SG2 0DJ

Treatment centre for addictions of all kinds. Call for appointment 01438 355649 Monday to Friday 9.00-5.00.

enquiries@thelivingroom.me.uk

Stevenage Wellbeing Centre

13, Town Square, Stevenage SG1 1BP; Tel: 01438 369216

A one-stop shop for promotion of emotional and physical wellbeing. Services offered by Mind in Mid Herts include art club, drop-in club, counselling, life skills and exercise for health. Saturday drop-in 11.00 -1.00. Phone for current timetable.

www.mindinmidherts.org.uk

Citizens Advice Bureaux

Adviceline: 08444 111444 Mon–Fri 10.00-4.00

Hitchin – Drop-ins Tues and Thurs 9.30-12.00 at Thomas Bellamy House, Bedford Road SG5 1HL (2 on map).

CAB drop-in at the North Herts Minority Ethnic Forum (9 on map), Whinbush Road SG5 1PH Thursdays 9.30-12.00 Tel: 01462 440224. NHMEF also offers a range of services, courses, training and information.

Stevenage - Swingate House, Danestrete SG1 1AF

Drop-ins Mon, Wed, Fri 9.00-12.30; Tues 1.00-3.30.

Letchworth G C– 66-68, Leys Avenue SG6 3EG

Drop-ins Mon-Fri 9.30-12.00.

CRI Spectrum

Over 18 drug and alcohol recovery service. Also support for friends and family. Drop-in at Christchurch, Bedford Road, Hitchin SG5 1HF (1 on map) Fridays 2.00-4.00. (Silver Birch entrance at far end.)Tel: 01438 364495

Help-lines

The Samaritans – confidential problem line: 08457 909090

5, Nun's Close, Hitchin SG5 1EP. Tel: 01462 455333 to arrange visit

www.samaritans.org.uk

Police – Dial 101 (non-emergency line)

HertsHelp – local free advice, information and support

Tel: 0300 1234044 (local rate) M-F 8.00 – 6.00

www.hertsdirect.org/hertshelp

NHS Medical Advice in Herts – Dial 111. Free to call from landlines and mobiles 24 hours 7 days a week

FRANK – free confidential drugs advice and help 24hrs

Tel: 0300 1236600; email frank@talktofrank.com

Re-Solv (Volatile Substance Misuse) – Information, referral

Tel: 01785 810762

Narcotics Anonymous – support group for drug users

Helpline : 0300 999 1212

PADA (Parents against drug abuse) – National 24hr helpline:

08457 023867

Drinkline – confidential help and advice

Free helpline: 0300 1231110 M-F 9.00-8.00; w/e 11.00-4.00

Alcoholics Anonymous – find your local support group

Tel: 0845 7697555; help@alcoholics-anonymous.co.uk

Alateen – for teenagers seeking help and support because of a family member's drinking. Part of Al-Anon, 24 hr helpline

Tel: 020 7407 0215

A-DASH – drug and alcohol service for under 18's. Young people can phone or text directly

Tel: 01992 531917 Text: 07770 537227

NHS Go Smokefree Tel: 0800 1690169

M-F 9.00-8.00 w/e 11.00-5.00

QUIT – smoking helpline Tel: 0800 002200

M-F 9.00-8.00 w/e 10.00-6.00

Overeaters Anonymous: Tel: 08702 259728

email www.oagb.org.uk

Shelter – housing advice, free from all landlines and all main

mobile networks 0808 800 4444. M - F 8.00-8.00; w/e 8.00-5.00

The Herts Women's Centre –support, counselling and a range of services and activities for women Tel: 01438 742742

37-39, The Hyde, Shephall, Stevenage SG2 9SB

www.hertswomenscentre.org.uk

Childline – Freephone: 0800 1111

Message Home –Helpline for people who have left home or run away. Freefone or text: 116000

email 116000@missingpeople.org.uk

Saneline – Emotional support. Tel: 0845 767 8000

6-11pm every day of the year

Depression Alliance - self-help group, monthly meetings in

Hitchin Tel: 07530 676324

HITCHIN SURVIVAL GUIDE



Drop-ins

Help-lines

Support

Temporary
accommodation

hitchinsurvival@hhq.org.uk

hitchinsurvival.hhq.org.uk

Updated January 2015

Accommodation, Drop-ins and Food Banks

North Herts Sanctuary

25, Nightingale Road, Hitchin SG5 1QU (8 on map)

Tel: 01462 435835

nhsanctuary@btconnect.com

www.northhertssanctuary.org.uk

For single men over 18. Referral through local council or your support worker. Contact North Herts Sanctuary for referral information. Service charge based on income includes bed, 3 meals a day and support services.

Stevenage Haven

5, Ditchmore Lane, Stevenage SG1 3LJ

Tel: 01438 354884

info@stevenagehaven.org.uk

www.stevenagehaven.org.uk

Shelter and support for single people over 18.

Herts Young Homeless

for 16 to 24 year olds who are homeless or at risk of being homeless. Tel: 01462 435668 9.00-5.00 weekdays, email hitchinoffice@hyh.org.uk or leave message on advice line 0844 833 0933 and will respond as soon as possible.

Noah Enterprise

141, Park St, Luton LU1 3HG Tel: 01582 728416

Day centre open 365 days a year, 8.15 -3.45 weekdays (2.00 Tuesdays); 10.00-3.00 weekends. Open to anyone experiencing homelessness, extreme hardship or exclusion. Also soup kitchen every evening 7.00-8.30.

'Open Church' at Christchurch on Bedford Road, Hitchin SG5 1HF (1 on map), a relaxing space includes free tea and coffee: M, T, Th, F 10.00-3.00, Sat 10.00 – 12.00. Opening hours may be extended over Christmas period. Closed in August.

Art Space at Christchurch

Some Wednesdays 1.00-3.00. All welcome. Phone to confirm dates on 01462 451720.

'Bancroft Project': offers free drop-in hot meal on Sundays 1.00 - 3.00 at Bancroft Gardens (see map).

Food Banks

Hitchin - The Scout Hut next to Our Lady's Catholic Church, entrance in Grove Road, (9 on map)

Tuesdays and Fridays 10.00-12.00

Letchworth G.C.

Mrs Howard Memorial Hall, Norton Way, Letchworth G.C. SG6 1NX Tuesdays and Fridays 10.00-12.00

LIBRARIES							
	MON	TUES	WED	THURS	FRI	SAT	SUN
Hitchin Paynes Park	2 - 7	9 - 7	CLOSED	9 - 7	2 - 7	9 - 4	CLOSED
Letchworth Broadway	9 - 7	2 - 7	2-7	CLOSED	9 - 7	9 - 4	CLOSED
Stevenage Central	9 - 7	2 - 7	9-7	2 - 7	9 - 7	9 - 4	1-5
Stevenage Old Town	2 - 6	2 - 6	CLOSED	2 - 6	2 - 6	9 - 1	CLOSED

