

Winter and Out of hours Services Contact List 2020

Bedford and Central Bedfordshire



Housing

Bedford Borough Council – Housing Options 01234 267422

Lines are open: Monday to Thursday 8:45am to 5:15pm and Fridays 8:45am to 5pm

Email: housingadvice@bedford.gov.uk

Emergency out of hours: 01234 211095

Central Bedfordshire Council - 0300 300 8302

customers@centralbedfordshire.gov.uk

Streetlink: 0300 500 0914

If you have concerns about someone sleeping rough then you can contact this number and they will contact the local authority to offer support for the individual



Food

Bedford Foodbank

Additional site – Thursdays from 10th December - Scott Hall, Barford Avenue 1.30pm-3.30pm

Last day of food handing out **23rd December** at Salvation Army, Commercial Road and Holy Cross Church, Goldington Road between **1pm and 3pm**

Closed 24th – 4th January and then usual sites and times will resume

Dunstable Foodbank – Contact: 07874 200056 or www.dunstable.foodbank.org.uk

Open- 24th December – 09.30am-11.30am

Closed -25th December

Open- Monday 28th December at New Life Church, **2-4pm**

Closed- Friday 1st January

Soup Kitchen- Being held at Church site, at sixth form College on Bromham Road
21st – 24th December 11am-2pm

Food 4 Community, 3 Church Arcade, Bedford (Back of YMCA furniture shop)– Usual service
Tuesday and Friday 9:30 for ticket slots - **10:30 - 13:30** for service

Christmas Service

- 24th December – 10am – 1pm
- 30th December – 11am – 2pm

Dine with Us – Community Larder- 11 North Parade, Greyfriars

Tuesdays 12-2pm- available to anyone

Check Facebook daily for updates and additional collections as times and days may vary

The Need Project- Central Bedfordshire – 07952 765302

- Referrals received and delivered until **23rd December**
- Following this in emergencies – contact and parcel collection will be available

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Health and Well-being Services

- Call 999 for serious injuries/illness and or mental health crisis if you feel there is an imminent risk to yourself or someone else. You can also present to A&E
- Call 111 for all other medical queries – Press Option 2 for the Mental Health Hub
- MIND Crisis Cafe will now offer phone support on 01582 722225 7x days a week, 5-11pm

Putnoe Walk-in Centre - 93 Queens Drive, Putnoe, Bedford, MK41 9JE, 01234 292969

Open Monday -Friday 8am-2pm

Saturday/Sunday and Bank Holidays -8am-5pm

Bedford Hospital Urgent Treatment Centre (UTC) – Everyday 11am-11pm

Patients who need urgent treatment but it is not an emergency

Appointments can be booked by calling **NHS 111** – If the UTC is the correct place for a patient to be treated the call handler will book an appointment, mostly on the same day



Helpful Contacts

- **Talk to Frank – 24 hours every day** 0300 123 6600
- **Samaritans – 24 hours every day**
Call: 116 123 Email: www.samaritans.org
- **CALM (Men Only) - Phone:** 0800 58 58 58 (daily, 5pm to midnight).
Website: www.thecalmzone.net
- **Citizens Advice-** Free Phone: 0808 2082138 (open Monday to Friday, 9am-5pm) to talk confidentially with a trained adviser regarding any financial crisis.



For a list of a variety of support services you can also access

NHS Website: www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines

Direction for Bedfordshire: www.directionforbedfordshire.co.uk