

Winter and Out of hours Services Contact List 2020

Luton



Housing

Luton Borough Council

Tel: 01582 510370

Web: homelessprevention@luton.gov.uk

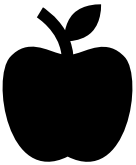
Start Over Shelter (SOS) – Guildford Hall, 80-94 Guildford Street, Luton, LU1 2PA

Monday – Friday 9am to 5pm

Telephone: 01582 722629, option 2 (this number is 24/7)

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

Luton Foodbank- Call us today on 01582 725838 or email info@lutonfoodbank.org.uk.

Usual hours and locations of operation apply except for:

Closed 25th, 28th and 1st January

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

NOAH Enterprise

Luton Day Centre, Welfare and Outreach – 01582 728416

The Welfare Centre at 141 Park Street, Luton is open daily with varying times throughout the Christmas period and each day NOAH will continue to give hot meals and operate one to one client appointments.

23rd & 24th December – 9am – 4pm

25th December – Takeaway + Delivery Christmas Dinners only

26th, 27th 28th December – 9am – 2pm

29th, 30th, 31st December – 9am – 4pm

1st & 2nd January – 9am-2pm



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 Tuesday to Friday 5-11pm

Luton Walk-in Centre-Town Centre GP Surgery

14-16 Chapel Street, Luton, LU1 2SE
01582 709 290

Open: Monday to Friday 8am - 8pm Saturday 9am - 3pm



Helpful Contacts

- Talk to Frank – 24 hours every day 0300 123 6600
- Samaritans – 24 hours every day
Call: 116 123 Web: 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