



### **Housing**



If you find yourself at risk of homelessness, you can contact your local authority:

**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](mailto:housingadvice@bedford.gov.uk) **Emergency out of hours:** 01234 211095

**Central Bedfordshire Council -** 0300 300 8302

**Email:** [customers@centralbedfordshire.gov.uk](mailto: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 - CLOSED over Christmas and New Year**

The last Foodbank distribution sessions before Christmas:

Thursday 23rd December (Woodside church and Scott Hall).

Reopening on Wednesday 5th January - normal locations and times resume.

The warehouse will open one day earlier on Tuesday to accept food donations.

See website for further details of distribution locations and times:

[bedford.foodbank.org.uk/](http://bedford.foodbank.org.uk/)

#### **Dunstable Foodbank**

Contact: 07874 200056 or [www.dunstable.foodbank.org.uk](http://www.dunstable.foodbank.org.uk)

**24<sup>th</sup> December OPEN: The Way, Christ Church**

**25<sup>th</sup>-26<sup>th</sup> and 28<sup>th</sup> CLOSED**

**27<sup>th</sup> and 29<sup>th</sup> OPEN: New Life Church**    **30<sup>th</sup> OPEN: St Augustine's Church**

**31<sup>st</sup> OPEN: The Way, Christ Church**    **3<sup>rd</sup> January OPEN: New Life Church**

**IMPAKT Food** - 3 Church Arcade, Bedford (Back of IMPAKT furniture shop)

**CLOSING EARLY:** 24th December – 10.30am-12pm

**CLOSED** 25<sup>th</sup> December -3<sup>rd</sup> January

**REOPEN NORMAL HOURS** 4<sup>th</sup> January onwards

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

**Tuesdays 12-2pm- available to anyone.**

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

Saturday evening hot food buffet for the homeless.

**The Need Project** - Central Bedfordshire **CLOSED from 24<sup>th</sup> December until after New Year**

Referrals received and delivered until 23rd December

Over Christmas period **parcel collection will be available if an emergency,**

please phone: 07952 765302 or email: [admin@theneedproject.co.uk](mailto:admin@theneedproject.co.uk)



**Fuel**



**Better Housing Better Health**

Support for reducing bills and obtaining emergency grants for gas and electricity in the home. <https://www.bhbh.org.uk/> Phone: 0800 107 0044

**Local Welfare Provision**

Bedford Borough Council may be able to assist with emergency food or fuel provision. Phone: 01234 718033

**Health and Wellbeing 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 now offer phone support:  
01582 722225 - 7days 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](http://www.samaritans.org)
- **CALM (Men Only)** - Phone: 0800 58 58 58 (daily, 5pm to midnight)  
Website: [www.thecalmzone.net](http://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](http://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines)
- **Direction for Bedfordshire:** [www.directionforbedfordshire.co.uk](http://www.directionforbedfordshire.co.uk)



**Direction**  
for Bedfordshire

## Winter and Out of hours Services Contact List Bedford and Central Bedfordshire - 2021

### Benefit Payments and Job Centre



**Bedford, Biggleswade and Leighton Buzzard Job Centres**

**CLOSED: 25<sup>th</sup>-29<sup>th</sup> December and 3<sup>rd</sup> January**

Open as usual up to and including 24<sup>th</sup> December, and 30<sup>th</sup>-31<sup>st</sup> December

**ANY URGENT PAYMENT QUERIES PLEASE NOTIFY BY 12PM ON 24<sup>th</sup> DECEMBER**

England and Wales		
Expected payment date	Universal Credit will be paid on	Other benefits will be paid on
Friday 24 December	Friday 24 December	Friday 24 December
Monday 27 December Tuesday 28 December	Friday 24 December	Friday 24 December
Wednesday 29 December	Wednesday 29 December	Friday 24 December
Monday 3 January	Friday 31 December	Friday 31 December