

Local services and community organisations in Luton

MyHIV	www.MyHIV.org.uk info.luton@tht.org.uk	Kirstin Ruth Dumi	Sign for free to myHIV.org.uk for support; <ul style="list-style-type: none"> • advice, counselling, health and treatments support • a place to talk to, get support from or even date other people living with HIV • just a practical information on all aspects of life with HIV • tools to help you keep track of medication, appointment, blood tests that much more.
Luton Sexual Health	Lewsey Road, Luton, LU4 0DZ Switchboard 01582 497 070		Luton Sexual Health provides free, confidential services around HIV, contraception, STIs, pregnancy and services for people under the age of 24.
ACCESS to work	0345 268 8489		A government scheme to help people work by providing assessment and then practical/financial support to the employer to help overcome barriers to work for people with disabilities.
Age Concern Luton	Bradbury House, 39 King Street, Luton, LU1 2DW Phone: 01582 456812		General advice and support for people aged 50 over.
Police	Telephone: 101		<ul style="list-style-type: none"> • Crime reporting • Noise nuisance • Hate crime • Accident reporting • Complaints and comments • Fly tipping
Bedfordshire African Community Centre (BACC)	The Basement, Aldwyck House, Upper George Street, Luton, Bedfordshire, LU1 2RB		BACC provides a centre where black African communities can meet socially and promote African culture

	Tel: 01582 484 807 Mobile : 07427 577 087 info@africancentre.org.uk		
Bedfordshire University Law Advice	To book an appointment email: lawclinic@beds.ac.uk Telephone: 07702 338684 (24 hour voicemail facility).		Free legal advice is available to members of the local community in a new initiative from the University of Bedfordshire.
British Red Cross	232 Dunstable Road, Luton, LU4 8JL Tel: 01844 412 2830		Helps asylum seekers and refugees access essential services and adjust to life in a new country.
British Pregnancy Advisory Service	The Albany, 2nd Floor, 4 Cardiff Road, Luton, LU1 1PP Tel: 08457 304 030		With over 40 years' experience BPAS provides help to women with an unplanned pregnancy.
CAFPH	15 Park St, Luton LU1 3BE Tel: 01582 726061 Monday to Friday 9.00am - 5.00pm		CAFPH provides confidential and holistic Support services to those living with and affected by HIV.
Citizens Advice	24-26 King Street, Luton, LU1 2DP Tel: 0844 245 1285		Offers free, independent, impartial, confidential advice. A drop-in service is available.
Disability Resource Centre	Poynters House, Poynters Road, Dunstable, LU5 4TP Tel: 01582 470 900		Information and advice on any aspect of living with a disability.
Druglink	34 Clarendon Rd, Luton LU2 7PQ Hours: Open today · 9am-5pm Tel: 01582 439480		Druglink's objective is to make a positive impact on the lives of those affected by substance misuse, their families & communities. They achieve this through our Pathway of Prevention, Recovery & Reintegration.
Embrace Life Luton	63 Inkerman Street, Luton, LU1 IJD Tel: 01582 454207		Support services for LGBT individuals and people living with HIV
ELFT	Charter House Alma Street, Luton, LU1 2PJ Tel: 01582 708999		<ul style="list-style-type: none"> • Adult Mental Health Service • Community Health Services • Mental Health Older Adults & Dementia
Headway	Address: Headway House 49-53 Alma Street, Luton LU1 2PL Tel: 01582 876729 Office hours: 9:00am - 3:30pm		<p>Our bespoke services include:</p> <ul style="list-style-type: none"> • Full assessment of your individual and holistic needs • Re-ablement following discharge from hospital • Advice and information regarding Acquired Brain Injury

	Monday to Friday		<p>(ABI)</p> <ul style="list-style-type: none"> • Benefit advice and appeals • ABI related medical appointment support • Crisis intervention - home visits, telephone contact and UK Helpline • Support for independent living • Carers support and monthly meetings, advice and ABI training • Transitional support to move forward with your life • Signposting to ABI experienced legal support
HealthWatch	Healthwatch Luton, Kathleen Connolly House 102 Hitchin Road, Luton LU2 0ES Tel: 01582 817 060 Email: info@healthwatchluton.org		Patient feedback, help with reporting poor or good practice, access to CCG's/etc to inform of issues and concerns
Keech Hospice Care	Great Bramingham Lane, Streatley, Luton, LU3 3NT Tel: 01582 492339		Keech Hospice Care - for adults and children living in Luton and South Bedfordshire.
Live Well Luton	28 Dunstable Road, Luton, LU1 1DY (inside the Picton's Solicitors building) Email: info@livewell-luton.org.uk Phone: 01582 757 635		<ul style="list-style-type: none"> • Weight loss • Diabetes clinics • Personal trainers • Courses to improve general wellbeing • Cooking classes • Support for giving up smoking or alcohol issues • Weight loss for children
Luton All Women's Centre	The Spires, Suite 2, Adelaide Street, Luton, Bedfordshire, LU1 5BB Tel: 01582 416 783		Support for women of all ages and ethnic backgrounds. We can help with issues such as domestic violence and also provide welfare benefits advice.
Luton Black Men Community Group	info@lutonblackmen.org		Providing mentoring, education and economic empowerment to black men.
Luton Borough Council	Town Hall, Luton, LU1 2BQ Tel: 01582 546 000		Luton Borough Council Helplines
Luton Community Housing	Bramingham Business Centre, Unit B2, Enterprise Way, Luton, Bedfordshire,		

	LU3 4BU Tel: 01582 391 053		
Luton Irish Forum	Kathleen Connolly House, 102 Hitchin Road, Luton, LU2 0ES Tel: 01582 720 447		London Irish Forum provide activities and events which promote health and wellbeing
Luton Law Centre	Address: <u>15 New Bedford Road, Luton LU1 1SA</u> Phone: 01582 482000 http://www.lutonlawcentre.org.uk The team can help you. For free legal advice, contact the Law Centre on our AdviceLine. AdviceLine opening hours: Tuesday 10:30-12:30 Thursday 10:30-12:30		What we do We advise on: Social services/community care assessments Social care services Securing appropriate care packages at home or in a care home Securing accommodation for those with either children or disabilities who are excluded from applying for housing under the Housing Act Securing adaptation to the home for those with disabilities Planning and paying for care, including personal budgets, direct payments, residential care NHS continuing healthcare funding Helping people with disabilities stay at home What we don't do We don't advise: Councils. on Power of Attorney Issues relating to end of life decisions. Court of Protection Mental Capacity and Best Interest Decisions
Luton Rights	15 New Bedford Road, Luton, LU1 1SA Tel: 01582 453 372		Specialist advice in debt, housing, welfare benefits, employment, law, careers
Luton Wellbeing Service	Luton Wellbeing Service, Trend House, Dallow Road, Luton, Bedfordshire, LU1 1LY Tel: 01582 393 130		Luton Wellbeing Service provides services around anxiety and depression.
Luton All Women's Centre	Luton All Women's Centre, The Spires, Suite 2, Adelaide Street, Luton, Bedfordshire, LU1 5BB		Safe and accessible women-only environment

	01582 416 783		
Mary Seacole Housing Association	30-32 Brantwood Rd, Luton, LU1 1JJ Tel: 01582 415 651		Supported accommodation for young adults.
Meaning Education	Sandringham Drive, Houghton Regis, Dunstable LU5 5UP Hours: Open today · 9am-5pm Phone: 07375 427702	Clare Copleston Rigerta Ahmetaj	Specialising in Mental Health, Dementia, Training, Life Coaching, and Consultancy. The aim is to champion dignity in the community for an improved quality of life.
Mind	56 Dumfries St, Luton LU1 5BP Tel: 01582 380002		<ul style="list-style-type: none"> • Support with mental health issues • Anger awareness • Counselling • Courses and workshops
National Domestic Violence Helpline	Women's Aid in Luton Tel - 01582 391856 (Mon-Fri 1000-1700)		Offering refuge, outreach, drop-in, freedom programme. <i>womensaidinluton.org/</i>
	All Women's Centre Tel - 01582 416783 (Mon-Fri 0900 - 1700)		Offering support, advice and counselling on domestic abuse, forced marriages and honour violence, freedom programme.
	Stepping Stones Tel - 01582 457114		Offering help and support to women affected by any drug/alcohol, domestic abuse, mental health and social care related issues, freedom programme <i>https://www.steppingstonesluton.co.uk/</i>
Noah Enterprise	141 Park Street, Luton, LU1 3HG Tel: 01582 728 416		Day centre for homeless people providing advice around welfare benefits and health as well as counselling, training, outreach and resettlement support.
Noah Furniture Store	54 Church Street, Luton, LU1 3JG Tel: 01582 484 001		
Our Minds Matter	206, 28 Park Street, Luton LU1 3FL		A registered charity focused on promoting mental health in the diverse communities of Luton. The team consists of individuals who have either professional or personal experience in the field of mental health. They understand the challenges that community leaders, health service providers, employers, commissioners and stakeholders are facing when reaching out to the diverse population of Luton.
Penrose	Suite 8, Second Floor		Temporary supported accommodation for single homeless men, aged

	<p>AW House 6-8 Stuart Street, Luton, Bedfordshire LU1 2SJ</p> <p>Tel: 01582 280 818</p>		<p>18+, with mental health needs, learning disability, offending history or any need which Luton Borough Council regards as a priority. Supported accommodation for homeless families, with children under 10 years old.</p> <p>Supported accommodation for women, aged 18+, who have identified with support of the Assertive Outreach Exit Team that they wish to exit the street sex trade.</p>
Polish British Integration Centre	<p>The Place, Bradgate Road, Bedford, MK40 3DE Tel: 01234 328 100 (8am-3.30pm)</p>		<p>Service for Polish people including:</p> <ul style="list-style-type: none"> • free ESOL classes • general advice (housing, healthcare, education, benefits) • careers advice (CVs, job-search, interviews, applications) • social and integrational events • interpreting/translation • Polish language classes
PowHer	<p>Telephone: 0300 456 2370 Minicom: 0300 456 2364 Text: send the word 'pohwer' with your name and number to 81025 Email: pohwer@pohwer.net Skype: pohwer.advocacy Fax: 0300 456 2365 PO Box 14043, Birmingham, B6 9BL</p>		<ul style="list-style-type: none"> • POhWER delivers information, advice, support and advocacy services throughout England. • We aim to support people who face difficult issues and want to make their voice heard. • All POhWER's services are free, independent and confidential.
ResoLUTiONs Alcohol and Drug Recovery Service	<p>2-12 Victoria Street, Luton, LU1 2UA Tel: 0800 0546 603</p>		
Salvation Army Luton	<p>1 Vicarage Street, Luton, LU1 3HZ Tel: 01582 450 038</p>		Help and support around poverty and homelessness
SoLUTiONs – Domestic Abuse Partnership Luton	<p>Information line Tel: 01582 853 677 Monday-Friday, 8am-5pm</p>		Information for people experiencing domestic abuse in Luton.
Stroke Association	<p>Rachel Bond on 01582 891330 or 07984 344329. Rachel's working hours are Tuesday, Wednesday and Friday</p>		<p>What the service offers</p> <p>Initial home/hospital visits to stroke patients.</p> <p>Help for families and carers with the transition from hospital to home.</p>

	<p>9am-4pm.</p> <p>Kishore Kaler on 07951 413915. Kishore's working hours are Tuesday and Thursday 10am-4pm</p>		<p>Emotional support, advice and information. On-going contact and support for stroke survivors, families and carers. Information and advice about help from health and social services, voluntary organisations as well as finance and benefits. Signposting and links to local groups and other services.</p>
TB Community Nurses	<p>Respiratory Community Nurse Specialists Tel: 0333 405 3159 Email:kiran.shahzadi@nhs.net (TB and Respiratory Admin)</p>		TB Screening
Tokko Youth Centre	<p>7 Gordon Street, Luton, LU1 2QP Tel: 01582 544 990</p>		A service helping young people from across Luton and the surrounding areas to learn and develop their skills and talents.
Women's Aid Luton	<p>Marlborough House, 33 Park St, Luton, LU1 3BE Tel: 01582 876 636 Helpline: 01582 391 856</p>		Provides safe, secure and confidential accommodation for women and children escaping domestic abuse.
YMCA	<p>41 King St, Luton LU1 2DW Tel: 01582 280710</p>		<ul style="list-style-type: none"> • Accommodation • Supported Lodgings • Family work & training