

# Sopwell wellbeing



Sopwell Wellbeing is a local initiative to help local residents affected by the pandemic.

We're offering a range of services to provide emotional, social and practical community-based support to strengthen wellbeing.

Find out more about how Sopwell Wellbeing could help you or how you could help others in the community.



St Albans  
District



St Albans  
City & District Council

## Free and Confidential Advice

**Worrying about a problem but don't know where to turn for advice?**

Whatever your problem we're here to help. We provide up-to-date advice on:

- Money and debt
- Benefits
- Housing
- Reducing energy bills
- Employment
- Family issues



We can also help with form filling to apply for benefits, grants or a Blue Badge. And we can assist people to understand and write letters if they need a helping hand.

We can find benefits you may be able to claim. If you're on a low income you may qualify for Pension Credit or help with your Council Tax or electricity bills.

For more information please call: **01727 811118** or **0800 144 8848**

Or visit our website [citizensadvicestalbans.org.uk](http://citizensadvicestalbans.org.uk) where you can chat to an adviser online or email us. For general information visit: [citizensadvice.org.uk](http://citizensadvice.org.uk)

Call us with Relay UK if you can't hear or speak on the phone. To find out more visit the Relay UK website [relayuk.bt.com](http://relayuk.bt.com)

## Supported Volunteering

**Know someone who would like to get involved in volunteering but faces barriers?**

Able2Enable provides volunteering opportunities that have support structures in place for individuals who need a little bit of extra help.

Sometimes people need a bit of extra support to volunteer and overcome barriers such as a lack of confidence and motivation, difficulty communicating, problems completing application forms or anxiety about travelling to unfamiliar venues and meeting new people. Able2Enable volunteering opportunities provide tailored support to meet an individual's specific needs.

- We believe that everyone has skills and abilities to offer the community.
- We support any individual who requires support to get into volunteering.



For more information please email: [able2enable@communities1st.org.uk](mailto:able2enable@communities1st.org.uk)

Or call: **0203 989 2610** or **0203 940 4865**

## Mental Health Peer Supporters

**Could you support people in your community struggling with mental health problems? Know someone who may need support?**

We're recruiting a network of volunteer mental health peer supporters for Sopwell community.

Peer supporters raise awareness, challenge stigma and connect with people coping with or at risk of developing mental health problems.

We'll give you training so you have the skills needed and confidence in the role. And we'll continue to provide you with development and support, including informal opportunities to work together and support each other.

If your organisation is interested in developing mental health peer supporters in your workplace, or you belong to a community group with an interest in developing such skills, please get in touch to find out more.

If you know someone who may need support please encourage them to get in touch.

For more information please email:  
[training@mindinmidherts.org.uk](mailto:training@mindinmidherts.org.uk)

Or call: **0330 320 8100**

