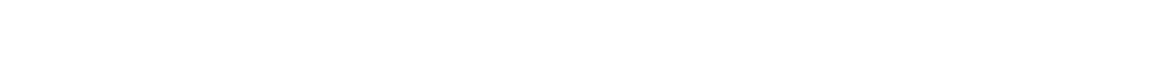


Havering Dementia Action Alliance



Pocket Telephone Directory



Our thanks to



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Havering Safer Neighbourhood Board



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London Borough of Havering



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The Volunteer Centre



for their help in compiling this directory

Please contact Havering Dementia Action Alliance for more copies of the directories or amendments

01708 431249





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| Help and Support | Telephone Number |
| Age UK for Barking, Dagenham, Redbridge and Havering. | 0208 220 6000 |
| Age UK Care Navigators | 0208 220 6000 |
| Attendance Allowance | 0345 605 6055 |
| Alzheimer’s Society Havering | 01708 739293 |
| Alzheimer’s Society National Helpline | 0300 222 1122 |
| Bus (Freedom) Passes | 0845 275 7054 |
| Christians Against Poverty | 01245 760720 |
| Cinnamon Trust for care of pets for the elderly | 01708 757900 |
| Citizens Advice Havering  [www.haveringcab.org.uk](http://www.haveringcab.org.uk/) | 01708 763531 |
| Community Treatment Team 8.00am to 10.00pm everyday | 0300 300 1660  (treatment)  1661 (therapy) |

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| Help and Support | Telephone Number |
| Continence Advisory Service | 01708 796500 |
| Crimestoppers | 0800 555 111 |
| Dementia Research Infoline to find out about current research or email  infoline@alzheimersresearchuk.org | 0300 111 5 111 |
| Dementia Support Service | 01708 739293 |
| Dementia UK Advice Line | 0800 888 6678 |
| Dial-a-Ride | 0207 309 8900 |
| Disability & Carers Service | 0345 712 3456 |
| Disability Liaison Nurse Team | 01708 435000 ext 4928 |
| Disabled Go – (Access Able) disabled accessibility guides online [www.disabledgo.com](http://www.disabledgo.com/) | 01438 842710 |
| Disabled Living Foundation  *Practical solutions supporting disabled adults, children and older people* info@disabledliving.co.uk | 0161 607 8200 |

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| Help and Support | Telephone Number |
| Electricity emergencies (power cut) | 0800 40 40 90 |
| Emergency Dentist  (out of hours and weekends) | 020 8594 0938 |
| Foodbank | 07548 674958 |
| Gas Emergency | 0800 111 999 |
| GP Access Hub  6.30pm to 10.00pm weekdays  8.00am to 8.00pm weekends | NHS 111  020 3770 1888 |
| GP Out of Hours  North Street Medical Practice  Rosewood Medical Centre | 01708 629733  01708 523168 |
| Harold Wood GP Walk In Centre | 01708 792000 |
| Havering Association for People with Disabilities | 01708 476554 |
| Havering Carers Hub  *The Hub offers support and information to an adult carer, caring for an individual over 18 years, as well as support groups, awareness training and regular Carer Forums* | 01708 961111 |

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| Help and Support | Telephone Number |
| Havering Dementia Action Alliance | 01708 431249 |
| Havering Mind | 01708 457040 |
| Havering Neighbourhood Watch Association. | 01708 747997  07866 335438 |
| Havering Older Adult Mental health Team | 0300 555 1135 ext 66700 |
| Havering Talking Therapies IAPT *Service offers counselling to improve mental wellbeing* | 0300 555 1042 |
| Havering for the homeless.  Hours of support 7.30pm to 8am | 0789 444 8729  0752 719 2161 |
| Healthwatch Havering  enquiries@healthwatchhavering.co.uk | 01708 303300 |
| Learning Disability Liaison Nurse Team | 01708 435000 ext  4928 |

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| Help and Support | Telephone Number |
| London Fire Brigade for Fire Safety | 0800 028 44 28 |
| Mental Health Direct (24 hours a day) | 0300 555 1000 |
| North East London Clinical Commissioning Group | 020 3688 2300 |
| NELFT NHS Havering Memory Service | 0300 555 1135 ext  66700 |
| Orange Line (hosted and funded by St Francis Hospice) – offers holistic assessments, support and advice 24/7) | 01708 758643 |
| Peabody (Supports anyone over the age of  16 with free advice and resides in Havering)  Here to help  Short term support | 01708 776770    (option 1)  (option 2) |
| Personal Independence Payment | 0800 917 222 |
| Queens Hospital / King George’s  Hospital for Dementia Nurse and Delirium Nurse Team | 01708 435000 ext 6747 for Queen’s  ext 5719 for KGH |
| Queens Theatre in Hornchurch | 01708 443333 |
| Reporting crime (emergencies) | 999 |
| Reporting crime (non emergencies) | 101 |

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| Help and Support | Telephone Number |
| Safer Transport Team | 0208 721 2254 |
| Sight Action Havering | 01708 434392 |
| Silver Line | 0800 4 70 80 90 |
| South Hornchurch Walk In Centre | 01708 576000 |
| Stop Hate UK - 24 hour service to report  crimes of race , religion or sexual orientation | 0800 138 1625 |
| Tapestry (Advice & Info on dementia) | 01708 797700 |
| Tax help for older people | 0845 601 3321 |
| The British Red Cross Help Not Hospital Service | 07950915708 /  07908447063 |
| Tuvida (Home care provision that enables periods of respite for carers) | 01708 757242 |
| Victim Supportline | 08 08 16 89 111 |
| Volunteer Bureau | 01708 922214 |
| Water Emergency | 0845 7820999 |
| Water Leak Line | 0800 526337 |
| Help and Support | Telephone Number |
| Welfare Rights Unit Advice Line | 01708 434444 |
| Young Dementia UK | 01993 776295 |
| Havering Council Useful Numbers | Telephone Number |
| Anti-Social Behaviour Team - 24 hours service. Messages are recorded | 01708 726060 |
| Environmental Health - call to report noise problems | 01708 432777 |
| Havering Adults Safeguarding Team | 01708 432000 |
| Havering Access Team (HAT)  (office hours 9am - 5pm)    *Havering Access Team will be the first point of contact for all enquiries into Adult Social Care. This is a multidisciplinary team of social workers, occupational therapists and initial contact workers.* | 01708 432000  Option 4 |
| Havering Council Useful Numbers | Telephone Number |
| Havering Adult Social Care Crisis  Team (to insert )  (out of office hours 5pm - 9am) | 01708 433999 |
| Havering Benefits Advice Line -  Answer message need claim number | 01708 433996 |
| Havering Equipment repairs  *(LBH provided) for assisted home adaptations / mobility*  Out of Hours from 5pm - 9am  Mon - Fri and bank holidays | 01708 432000  01708 433999 |
| Streetcare - call to report rubbish  dumping, abandoned vehicles and graffiti | 01708 432563 |
| Telecare  Tele*care is a range of equipment to assist people to remain independent* | 01708 432843 |
| Telecare Respond Team | 01708 434216 |



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