Havering Dementia Action Alliance

Pocket Telephone Directory

Our thanks to

•

Havering Safer Neighbourhood Board

•

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 43200001708 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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