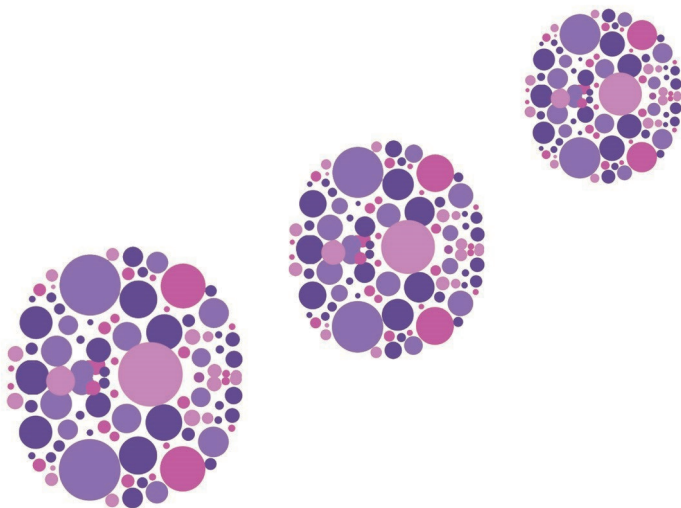


Havering Dementia Action Alliance Pocket Telephone Directory



Our thanks to

- Havering Safer Neighbourhood Board
- London Borough of Havering
- 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



IT PAYS TO STOP AND THINK

- 1 Never disclose security details
- 2 Don't assume an email, text or phone call is genuine
- 3 Don't be rushed
- 4 Listen to your instincts
- 5 Stay in control



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	01708 763531
Community Treatment Team 8.00am to 10.00pm everyday	0300 300 1660 (treatment) 1661 (therapy)

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	01438 842710
Disabled Living Foundation <i>Practical solutions supporting disabled adults, children and older people</i> info@disabledliving.co.uk	0161 607 8200

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 <i>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</i>	01708 961111

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 <i>Service offers counselling to improve mental wellbeing</i>	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

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

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
<p>Havering Access Team (HAT) (office hours 9am - 5pm)</p> <p><i>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.</i></p>	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

<p>Havering Benefits Advice Line - Answer message need claim number</p>	01708 433996
<p>Havering Equipment repairs <i>(LBH provided) for assisted home adaptations / mobility</i></p> <p>Out of Hours from 5pm - 9am Mon - Fri and bank holidays</p>	<p>01708 432000</p> <p>01708 433999</p>
<p>Streetcare - call to report rubbish dumping, abandoned vehicles and graffiti</p>	01708 432563
<p>Telecare <i>Telecare is a range of equipment to assist people to remain independent</i></p>	01708 432843
<p>Telecare Respond Team</p>	01708 434216



How to spot a scam

They:

- » will contact you out of the blue
- » make promises that sound too good to be true
- » ask you to pay up front
- » ask for your bank details
- » pressure you to make a quick decision - "if you don't act now, you'll miss out"
- » are over-familiar and over-friendly
- » tell you an offer has to be kept secret
- » give you a mobile number or PO box number as their contact details

Be

SCAM
aware

Help us spread the word