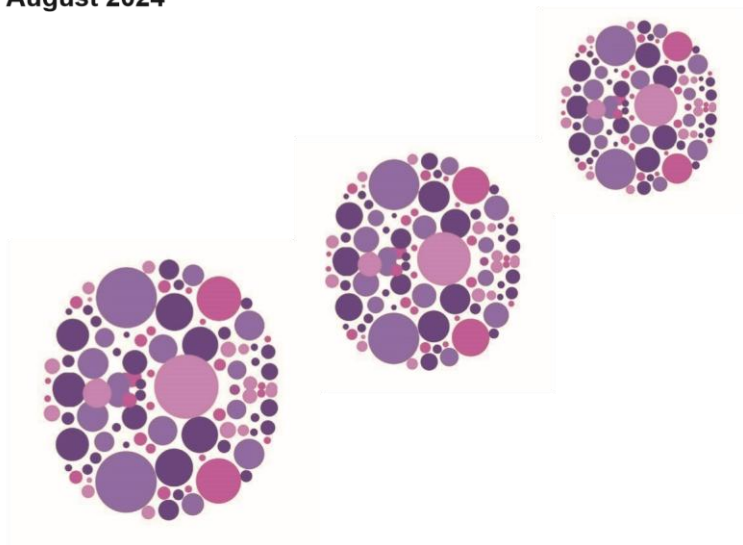


Havering Dementia Action Alliance Pocket Telephone Directory

August 2024



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
Access Able – Disability guide to accessible places	01438 842 710
Age UK for Barking, Dagenham, Redbridge and Havering.	0208 220 6000
Age UK Care Navigators	0208 220 6000
Attendance Allowance	0800 731 0122
Alzheimer's Society Havering	01708 739293
Alzheimer's Society National Helpline	0300 222 1122
Bereavement Advice Centre	0800 634 9494

Bus (Freedom) Passes	0845 275 7054
Carers UK for help and financial advice	0808 808 7777
Christians Against Poverty	01245 760720
Cinnamon Trust for care of pets for the elderly	01708 757900

Help and Support	Telephone Number
Citizens Advice Havering www.haverincab.org.uk	01708 763531
Community Treatment Team 8.00am to 10.00pm everyday. Provides short term support for people experiencing urgent health and social care at home.	0300 300 1660 (treatment) 1661 (therapy)
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 Contact Help Line	0333 1503456
Dial-a-Ride	0207 309 8900
Disability & Carers Service	0345 712 3456
Disability Liaison Nurse Team	01708 435000 ext 4928

Help and Support	Telephone Number
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<p>Disabled Living Foundation <i>Practical solutions supporting disabled adults, children and older people</i> info@disabledliving.co.uk</p>	0161 607 8200
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
Harold Wood GP Walk In Centre	01708 792000
Havering Association for People with Disabilities	01708 476554

<p> Having 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> </p>	01708 961111
<p> Having Dementia Action Alliance </p>	01708 431249

Help and Support	Telephone Number
<p> Having Mind </p>	01708 457040
<p> Having Neighbourhood Watch Association. </p>	01708 747997 07866 335438
<p> Having Older Adult Mental health Team </p>	0300 555 1135 ext 66700
<p> Having Talking Therapies IAPT Service <i>offers counselling to improve mental wellbeing</i> </p>	0300 300 1554 option 2
<p> Having for the homeless. Hours of support 7.30pm to 8am </p>	0789 444 8729 0752 719 2161

Healthwatch Havering enquiries@healthwatchhavering.co.uk	01708 303300
Learning Disability Liaison Nurse Team	01708 435000 ext 4928
London Fire Brigade for Fire Safety	0800 028 44 28
Mental Health Direct (24 hours a day)	0800 995 1000
Myplace	01708 376004
North East London Clinical Commissioning Group	020 3688 2300

Help and Support	Telephone Number
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 758649
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	01708435000 ext 6747 for Queen's ext 5719 for KGH
Queens Theatre in Hornchurch	01708 443333
Reporting crime (non emergencies)	101
Reporting crime (emergencies)	999
Safer Transport Team	0208 721 2254

Help and Support	Telephone Number
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 796600
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
Help and Support	Telephone Number
Water Emergency	0845 7820999
Water Leak Line	0800 526337
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 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

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

Ward/Party	Councillor	Contact details
Beam Park Rainham Labour Party	Trevor McKeever Matthew Stanton	Councillortrevor.mckeever @havering.gov.uk Councillormatthew.stanton @havering.gov.uk
Cranham Upminster and Cranham Residents Association	Gillian Ford John Tyler Philip Ruck	Councillorgillian.ford @havering.gov.uk 01708 641317 Councillorjohn.tyler @havering.gov.uk 07982 962925 Councillorphilip.ruck @havering.gov.uk

Elm Park Hornchurch Residents Association	Barry Mugglestone	CouncillorBarry.Mugglestone @havering.gov.uk 01708 709926
	Stephanie Nunn	CouncillorStephanie.Nunn @havering.gov.uk
	Julie Wilkes	CouncillorJulie.Wilkes @havering.gov.uk 079038 20584

Ward/Party	Councillor	Contact details
Emerson Park Hornchurch Residents Association	Laurance Garrard David Goodwin	CouncillorLaurance.garrard @havering.gov.uk CouncillorDavid.Godwin @havering.gov.uk

<p>Gooshays Labour</p> <p>Havering Residents Association</p>	<p>Patricia Brown</p> <p>Katharine Tumilty</p> <p>Paul McGeary</p>	<p>Councillorpatricia.brown@havering.gov.uk 078650 62156</p> <p>Councillorkatharine.tumilty@havering.gov.uk</p> <p>CouncillorPaul.Mcgeary@havering.gov.uk</p>
<p>Hacton Hornchurch Residents Association</p>	<p>Ray Morgon</p> <p>Reg Whitney</p>	<p>Councillorray.morgon@havering.gov.uk 01708 79016/075911488978</p> <p>Councillorreg.whitney@havering.gov.uk 01708 553139</p>

Ward/Party	Councillor	Contact details
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<p>Harold Wood East Havering Residents Association</p>	<p>Brian Eagling</p> <p>Martin Goode</p> <p>Darren Wise</p>	<p>Councillorbrian.eagling @havering.gov.uk 01708 373027/07905 927636</p> <p>CouncillorMartin.Goode @havering.gov.uk</p> <p>CouncillorDarren.Wise @havering.gov.uk 07956 443279</p>
<p>HaveringAtte-Bower Havering Residents Association</p> <p>Conservative Party</p>	<p>John Crowder</p> <p>Raymond Best</p> <p>Damian White</p>	<p>CouncillorJohn.Crowder @havering.gov.uk</p> <p>CouncillorRay.Best @havering.gov.uk</p> <p>CouncillorDamian.White @havering.gov.uk</p>

Heaton Labour	Mandy Anderson	CouncillorMandy.anderson @havering.gov.uk
	Keith Darvill	CouncillorKeith.Darvill @havering.gov.uk
	Frankie Walker	CouncillorFrankie.Walker @havering.gov.uk

Ward/Party	Councillor	Contact details
Hylands and Harrow Lodge Hornchurch Residents Association	James Glass	CouncillorJames.Glass @havering.gov.uk
	John Wood	CouncillorJohn.Wood @havering.gov.uk
	Christine Smith	CouncillorChristine.smith @havering.gov.uk

Marshalls and Rise Park Conservative Party Havering Residents Association	Osman Dervish	CouncillorOsman.Dervish @havering.gov.uk 07904 891392
	Robby Misir	Councillorroby.misir @havering.gov.uk 07722 130566
	Philippa Crowder	CouncillorPhilippa.Crowder @havering.gov.uk
Mawneys Conservative Party	Jason Frost	CouncillorJason.Frost @havering.gov.uk
	Dilip Patel	CouncillorDilip.Patel @havering.gov.uk
	Carol Smith	CouncillorCarol.Smith

Ward/Party	Councillor	Contact details
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Rainham and Wennington Havering Resident's Association Conservative Party	Sarah Edwards	CouncillorSarahj.Edwards @havering.gov.uk
	Sue Ospreay	Councillorsusan.ospreay @havering.gov.uk
	Jackie McArdle	CouncillorJacqueline.mcardle @havering.gov.uk
Rush Green and Crowlands Conservative Party	Robert Benham	Councillorrobert.benham @havering.gov.uk
	Viddy Persaud	CouncillorViddy.Persaud @havering.gov.uk
	Timothy Ryan	CouncillorTimothy.Ryan @havering.gov.uk 07866 395831
St Alban's Conservative Party Labour Party	Judith Holt	CouncillorJudith.Holt @havering.gov.uk
	Jane Keane	CouncillorJane.Keane @havering.gov.uk

Ward/Party	Councillor	Contact details
<p>St Andrew's Hornchurch Residents Association</p>	<p>Paul Middleton</p> <p>Gerald O'Sullivan</p> <p>Bryan Vincent</p>	<p>CouncillorPaul.Middleton @haverling.gov.uk 07866 395831</p> <p>CouncillorGerry.OSullivan @haverling.gov.uk</p> <p>Councillorbryan.vincent @haverling.gov.uk</p>
<p>St Edward's Conservative Party</p>	<p>Joshua Chapman</p> <p>Nisha Patel</p> <p>David Taylor</p>	<p>Councillorjoshua.chapman @haverling.gov.uk</p> <p>CouncillorNisha.Patel @haverling.gov.uk</p> <p>CouncillorDavid.Taylor @haverling.gov.uk</p>

<p>South Hornchurch Havering Residents Group</p>	<p>Natasha Summers</p> <p>Graham Williamson</p>	<p>CouncillorNatasha.Summers @havering.gov.uk 074327 13744</p> <p>CouncillorGraham.Williamson @havering.gov.uk 07970 455445</p>
Ward/Party	Councillor	Contact details
<p>Squirrels Heath Conservative Party</p>	<p>Keith Prince</p> <p>Christine Vickery</p> <p>Michael White</p>	<p>CouncillorKeith.Prince @havering.gov.uk</p> <p>CouncillorChristine.Vickery @havering.gov.uk 079139 11781</p> <p>CouncillorMichael.White @havering.gov.uk</p>
<p>Upminster Upminster and Cranham Residents Association</p>	<p>Oscar Ford</p> <p>Christopher Wilkins</p>	<p>CouncillorOscar.Ford @havering.gov.uk 01708 641317</p> <p>CouncillorChristopher.Wilkins @havering.gov.uk 07960059195</p>

	Jacqueline Williams	CouncillorJacqueline.Williams @havering.gov.uk
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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  aware

Help us spread the word