

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

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.haveringcab.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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Disabled Living Foundation <i>Practical solutions supporting disabled adults, children and older people</i> info@disabledliving.co.uk	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

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
Havering Dementia Action Alliance	01708 431249

Help and Support	Telephone Number
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 300 1554 option 2
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
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
Havering Access Team (HAT) (office hours 9am - 5pm) <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>	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

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
Havering Council Useful Numbers	Telephone Number
Streetcare - call to report rubbish dumping, abandoned vehicles and graffiti	01708 432563
Telecare <i>Telecare is a range of equipment to assist people to remain independent</i>	01708 432843
Telecare Respond Team	01708 434216

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 @haverling.gov.uk 01708 709926
	Stephanie Nunn	CouncillorStephanie.Nunn @haverling.gov.uk
	Julie Wilkes	CouncillorJulie.Wilkes @haverling.gov.uk 079038 20584

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

Harold Wood East Havering Residents Association	Brian Eagling	Councillor brian.eagling @haverling.gov.uk 01708 373027/07905 927636
	Martin Goode	Councillor Martin.Goode @haverling.gov.uk
	Darren Wise	Councillor Darren.Wise @haverling.gov.uk 07956 443279
HaveringAtte-Bower Havering Residents Association Conservative Party	John Crowder	Councillor John.Crowder @haverling.gov.uk
	Raymond Best	Councillor Ray.Best @haverling.gov.uk
	Damian White	Councillor Damian.White @haverling.gov.uk

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

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

	Jacqueline Williams	CouncillorJacqueline.Williams @haverling.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

Help us spread the word