

## BHR – Services for older people self-isolating as part of COVID-19 response

NAME OF ORGANISATION/SCHEME	HOW TO CONTACT/REFER	SERVICES PROVIDED	AREAS SERVED
British Red Cross – Community Connectors	Tel: (Christine) 07801 672 682 Email: Connectbd@redcross.org.uk	Telephone befriending service	B&D
Volunteer drivers, transport, and befriending scheme	Tel: 020 8724 3317	Assistance to older and vulnerable residents of B&D to attend health appointments and social activities that they would normally struggle to attend.	B&D
DABD Golden Years programme	Tel: 0208 215 9770; Email: goldenyears@dabd.org.uk	Golden Years promotes health, well-being and independence as well as supporting clients to share their skills and participate in their community through volunteering opportunities; clients 60 and over	B&D
Reconnections	Tel: 07732 691470; 0207 050 6535	Will be making available “how to” guides for email and Skype. Supporting B&D and Havering with sheltered housing visits for the vulnerable.	B&D, Havering
Alzheimer’s UK	Tel.: 020 8517 4522 (B&D) Email: <a href="mailto:BD@alzheimers.org.uk">BD@alzheimers.org.uk</a> Tel.: 01708 739 293 (Hav) <a href="mailto:Havering@alzheimers.org.uk">Havering@alzheimers.org.uk</a> (Referral with contact details of client, and diagnosis if known)	Telephone support and signposting service for people with dementia, and their carers.	B&D, Havering
Care Navigation Service	<a href="mailto:ageuk.bnd@nhs.net">ageuk.bnd@nhs.net</a> (Direct referrals)	Support, signposting, guided telephone conversations and assessments.	BHR
Age UK – Advice and information	Tel: 020 8220 6000 Email: <a href="mailto:admin@ageukrbh.org.uk">admin@ageukrbh.org.uk</a>	Telephone advice, information, support with form filling, signposting,	BHR
Age UK – Di’s Diamonds Peer Support Network	Tel: 020 8220 6000 / Email: <a href="mailto:disdiamonds@ageukrbh.org.uk">disdiamonds@ageukrbh.org.uk</a>	Telephone calls and support via social media groups.	BHR
Age UK – Home support Service	Tel: 020 8220 6000 Email: <a href="mailto:admin@ageukrbh.org.uk">admin@ageukrbh.org.uk</a>	Low level personal care, shopping, telephone befriending	BHR
Age UK – Befriending service	Tel: 020 8220 6000	Telephone befriending and support.	BHR
Age UK Falls Prevention service	Tel: 020 8220 6000 Email: <a href="mailto:admin@ageukrbh.org.uk">admin@ageukrbh.org.uk</a>	Telephone support, advice and information on healthy eating and physical activity	BHR
Samaritans	Helpline: 01708 765200 Email: <a href="mailto:info@supportline.org.uk">info@supportline.org.uk</a> Web: <a href="https://www.supportline.org.uk/">https://www.supportline.org.uk/</a>	Support line	BHR
SANE	Helpline: 0845 767 8000 Website: <a href="http://www.sane.org.uk">http://www.sane.org.uk</a>	Emotional Support and practical advice for anyone suffering from a mental illness	BHR
MIND	Tel: 01708 457040 Web: <a href="https://www.haveringmind.org.uk/">https://www.haveringmind.org.uk/</a>	Befriending service	BHR
Cinnamon Trust	Tel: 01736 757 900 Web: <a href="https://cinnamon.org.uk/">https://cinnamon.org.uk/</a>	Dog walking, emergency pet care for older people	BHR

<b>Well-being Line</b>	<b>Tel:</b> 0208 7085555 <a href="https://www.redbridge.gov.uk/coronavirus-information-hub/coronavirus-well-being-service/">https://www.redbridge.gov.uk/coronavirus-information-hub/coronavirus-well-being-service/</a>	For organisations, neighbours or individuals to refer anyone who they feel is vulnerable; telephone contact will be made with people to check in on them and support them with needs such as shopping.	<b>Redbridge</b>
<b>Age UK Handyperson Service</b>	<b>Tel:</b> 020 8220 6000 <b>Email:</b> admin@ageukrbh.org.uk	Handyperson tasks with minimal contact, assessing practical needs during visit, supporting Age UK food parcel delivery	<b>Havering</b>
<b>Tapestry Peer Support Lunch Club</b>	<b>Tel:</b> 01708 796600	Telephone advice and support for residents with dementia	<b>Havering</b>
<b>Social Inclusion Service for people with physical and sensory disability</b>	<b>Text:</b> 07599 998103; <b>Tel:</b> 01708 476554 <b>Email:</b> admin@hadhaverning.co.uk	Telephone befriending	<b>Havering</b>
<b>Community Friends Programme Peer Support for Physical &amp; Sensory Disability</b>	<b>Text:</b> 07599 998103; <b>Phone:</b> 01708 476554 <b>Email:</b> admin@hadhaverning.co.uk	Telephone befriending for service users	<b>Havering</b>