



IMPORTANT NUMBERS

Refer to the phone numbers below if you need information, advice, companionship, or practical help. Includes contacts for national and local (City of Westminster) organisations.

- **Alzheimer's Society National Dementia Helpline- Tel. 0300 222 1122**
Information, support, guidance and signposting to other appropriate organisations. The Helpline is usually open from 9am to 5pm Monday to Friday and Saturday and Sunday 10am - 4pm.
- **The Silver Line - Tel. 0800 470 8090**
The Silver Line is the only free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year.
- **Independent Age Advice Line – Tel. 0800 319 6789** (Monday to Friday, 10am-4pm) Free advice service on social care and welfare benefits, housing, and other issues affecting older people.
- **Third Age Counselling – Tel. 020 7976 6667.** For help with anxiety, worries and other psychological problems, call number above and leave a message with your phone number on extension n.1. The service will contact you within 24 hours. Appointments in drop-in centres around Westminster.
- **Westminster Adult Social Services – Access Team – Tel. 0207 641 1175**
Ask for a free assessment if you or anyone else needs help with activities of daily living. Ask for a Carer assessment if you are a carer.

In an emergency, call 999.

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